

## Our staff.

Our expert staff has advanced training and certification, as well as years of experience in injury prevention and performance enhancement program development. Furthermore, we are *athletes helping athletes!*

## Contact us.



For additional information or to schedule an appointment to begin your S<sup>2</sup> P.E.a.K. Training program, please call our office during normal business hours at:

Portage Office: 269.329.0934  
Kalamazoo Office: 269.375-4737

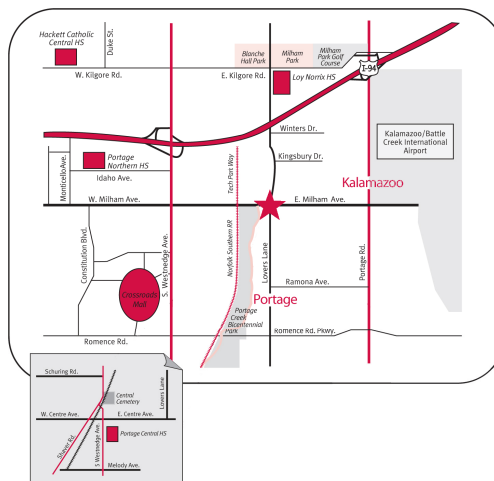
For more information about any of our physical therapy or sports performance services, you can visit our website at [www.agilitysportsmedicine.com](http://www.agilitysportsmedicine.com)



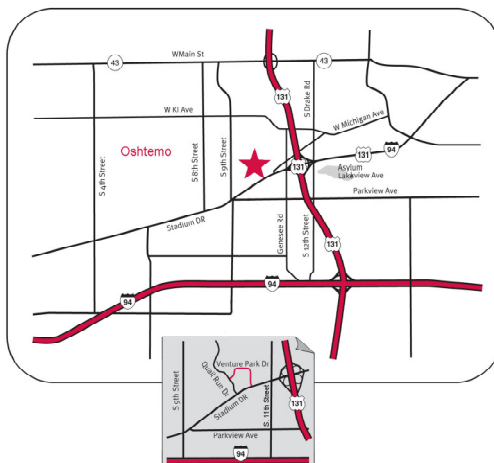
## Our locations.

We have two convenient locations now to serve the Southwest Michigan area.

**PORTAGE:** 6106 Lovers Lane, Suite 3 (49002)  
Located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane.



**KALAMAZOO:** 5886 Venture Park (49009)  
Located off Stadium Dr. west of US-131 behind DeNooyer Chevrolet. White brick building with a blue roof.



## S<sup>2</sup> P.E.a.K. Training Sports Specific Performance Enhancement and Knee Injury Prevention Training



**Agility** An Agility Health® Partner  
Physical Therapy & Sports Performance  
**Agility Physical Therapy & Sports Performance, LLC**

# Sports Specific P.E.A.K. Training

## What is the S<sup>2</sup> P.E.a.K. training program?

This is a sports functional training program designed specifically to optimize individual performance with the primary goal of preventing lower extremity injuries, particularly at the knee. The focus is to create power and balance through technique training and dynamic activities that implement plyometrics, core stability, agility and strength training exercises. This program is customized and safe for athletes of all ages from pre-high school to the professionals.

## Components of the program?

The S<sup>2</sup> P.E.a.K. Training is an eight week program developed by board certified sports physical therapists where the following components will be addressed:

- ✓ Biomechanical analysis and sports specific technique assessment
- ✓ Plyometric jump training
- ✓ Core stability training
- ✓ Functional strength and agility training



## Who would benefit?

The S<sup>2</sup> P.E.a.K. Training is a sport specific program that is developed to address the goals for an individual or entire team that require power and agility. This program has been shown through several research studies to improve performance within the first eight weeks while reducing the risk for lower extremity injuries, specifically ligament injuries of the knee. The need for the program came out of necessity with the high prevalence of anterior cruciate ligament (ACL) ruptures in female athletes.



## When do we start?

We subscribe to the periodization of training philosophy. Ideally, you want to start eight weeks prior to the beginning of your season. This will allow you to be READY when it counts!

## Which sports need P.E.a.K. training?

The following sports have demonstrated the need for S<sup>2</sup> P.E.a.K. Training and have shown excellent results in the published research for achieving the goals of performance enhancement and injury prevention:

× Basketball

× Volleyball

× Football

× Soccer

× Hockey

× Lacrosse

× Figure skating

× Gymnastics

## How much does it cost?

- Individual 60 min. session- \$55.00
- Individual 30 min. session- \$30.00
- Group (3-4) follow-up 30 minute sessions- \$20.00/per athlete
- Team follow-up 30 minute sessions- Call for rates