



## **Ultimate Sports Performance and Rehabilitation**

1098 West South Jordan Parkway Suite #101

South Jordan, Utah 84095

801 254-5800

Ultimate Sports Performance and Rehabilitation is excited about joining the Sparta team. We provide comprehensive services including Physical Therapy, Chiropractic care, Sports/Personal Training and Massage Therapy. Our mission is to provide excellent one on one care while creating a positive close knit community with our athletes and their families.

### **Free Consultations**

Ultimate Sports provides free injury consultations for athletes and family members. Please call 801 254-5800 to schedule. If you have specific questions and would like to speak with a provider first please feel free to text/call Mike Orr DPT, OCS directly at 801 440-3771. Navigating the medical field can be very difficult and expensive. We have a lot of experience and can help you save time and money.

### **Physical Therapy/Chiropractic Services**

Physical therapy practices at Ultimate Sports focus heavily on manual techniques. Athletes are booked for 30 minutes of one on one time with their **physical therapist** each visit. Following manual treatments athletes will work in the gym on proprioceptive, strengthening and stretching techniques. Athletes are provided with written home exercises and taught to be independent at discharge so they can continue at home and prevent future injury. Our therapists are happy to contact coaches and give them updates on your athlete's status. Physical Therapists are available by phone 7 days a week.

Ultimate Sports is unique for its merger of Physical Therapy and **Chiropractic services**. By offering both services patient treatment plans are more comprehensive and better results are achieved. If during your physical therapy consult it is determined that your athlete would benefit from chiropractic care it will be included in the treatment plan at no extra cost. The athlete's parents will be educated on the benefits and reason for the chiropractic care and permission will be obtained prior to any treatments.

Chiropractic care is available as a primary treatment.

### **Providers**

Pat Garcia DC (801) 664-0942

Michael Orr DPT, OCS (801) 440-3771

Jason West MPT, MBA (801) 949-8005

Christine Ulses DPT (314) 640-3191

Feel free to contact (text/call) our therapists with questions.

## **Sports Training**

Ultimate Sports Performance and Rehabilitation is offering speed, strength and agility team training packages. Teams will train in one hour blocks 2 or 3 days per week for one month intervals. Each training session will consist of a warm up, speed/agility, and strength component. Training groups will be billed out at \$80 per hour. Each group can have up to 8 athletes. Simply divide the number of athletes you have in your group by \$80 and that will be each individual's cost. With a group of 8 an hour of training will equal \$10 per athlete. To make registration less complicated, we ask that each group designate a manager to collect information and work with us. We understand that teams will have tournaments or games during the training season. If your ENTIRE GROUP misses training due to a team function, we will reschedule or give you credit for classes missed. We WILL NOT be able to give credit for individuals that miss training classes. We are interested in training dedicated athletes who want results. We expect athletes to attend the majority of training sessions. Our trainer is very focused on teaching proper form and progressing exercises each session. Not only will your athlete get stronger and faster but they will learn proper workout form and technique which they can use for the rest of their lives.

### **Costs \$80 for group per hour block.**

Per hour	block	8 Classes	12 Classes
Privates are	\$60	\$480	\$720
2 Athletes=	\$40 each	\$320	\$480
3 Athletes=	\$27 each	\$216	\$324
4 Athletes=	\$20 each	\$160	\$240
5 Athletes=	\$16 each	\$128	\$192
6 Athletes=	\$13.50 each	\$108	\$162
7 Athletes=	\$11.50 each	\$92	\$138
8 Athletes=	\$10 each	\$80	\$120

Privates can be scheduled independently based on availability.

For teams wanting one session per week Saturday or Sunday is a good option.

Contact Spencer Herzog at (801) 916-9993 to schedule.

Spencer is Certified with ISSA (International Sports Science Association). He has been training youth athletes in strength and sports specific skill for the past 4 years.

### **Massage Therapy**

Massage therapy can play an important role in restoring and maintaining an athlete's health. We push our athletes hard and often they have nagging soft tissue injuries (calf, hamstring, quad and hip flexor strains) that can last most of the season. Massage therapy in conjunction with education in strength and stretching can be a great help. Massage hours are extremely flexible and are available during nights and weekends.

### **Massage Therapy Prices**

50 min \$40

25 min \$20

Contact 801 254-5800 or Connie Petersen LMT 801 706-7942 to schedule

Connie is a licensed massage therapist who enjoys working with athletes. Connie has been working with members of the **US speed skating team** for the past 2 years.