



## EVALUATION

Before selecting a program, an evaluation will be scheduled as the first appointment. The evaluation consists of a health history discussion, attainable goals and a movement screening to see how the body moves during specific movements. After the movement screening is completed, the test score results are discussed as well as choosing which program is best suited for the patient.

The evaluation is **FREE** of charge and takes roughly 30-45 minutes to complete. We ask that the patient wears comfortable attire to this appointment.



## SUMMIT MOVEMENT

Summit Movement focuses on mobility and posture. Mobility refers to the ability of motion at a specific joint and is for anyone who complains of aches and pains, general muscle tightness, muscle weakness and stiffness, limited range of motion and/or poor posture. This program can help with the following: ability to move freely and easily, regain range of motion, minimize or eliminate pain, prevent injury, improve posture and coordination.

**4 WEEKS - 2X PER WEEK  
30 MINUTES  
=\$30 PER SESSION**



## ONE - ON - ONE TRAINING

This option focuses on resistance training whether it be with weights, bands or one's own body weight. This entails total body multi-joint movements to help improve or maintain muscle, decrease risk of injury, control body fat, improve bone health, and have safer control of the body. Proper form and technique are crucial in resistance training and the patient will be taught the correct way to ensure their health and progression.

**NO COMMITMENT  
60 MINUTES  
=\$60 PER SESSION**