

ACE PROGRAM



**ATHLETIC COMPETITION
ENHANCEMENT
TAKING YOU FROM
REHABILITATION
TO SPORT**

TCOmn.com



**TWIN CITIES
ORTHOPEDICS**



ATHLETIC COMPETITION ENHANCEMENT (ACE)

Assist in return to sport, activity and competition after lower extremity injury

Improve core strength, flexibility, dynamic balance, speed and agility

Pre and post performance measurement

Clinically based and scientifically supported

- 8-week program
- 1-hour session per week
- \$300 per athlete
- Small groups
- Individualized program development
- Dartfish Video Analysis helps identify proper body mechanics

CONTACT

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LOCATION INFORMATION

www.TCOmn.com/Services/Sports-Performance