

Generate Explosive Athletic Performance

KHG Athletic Programs

- 1. ACL Injury Prevention Program**
- 2. Overhead Throwing Athlete Program**
- 3. Speed Training and Footwork Program**

What makes our programs different?

- 1). Doctor designed and led with the research to back them. The KHG Team is made up of Chiropractors, Physical Therapists, and Personal Trainers all bringing their strengths to the program.**
- 2). We address the 2 components (Function and Performance) that other programs do but at KHG we incorporate the Foundation or Structure of the athlete as well. We start by making sure EVERY joint is moving properly before beginning to strengthen, load or train that joint.**
- 3). We follow up after the program with structural correction and performance management.**
- 4). Small groups...Your athlete is not a number, Maximum 6-8 Athletes per session!**
- 5). Convenient times to work into a busy athletes schedule!**

Tuesdays and Thursdays 7-8 pm

This is NOT weight training. We train every joint, muscle and bone to perform the explosive movements required for athletic success!!! We break down the athlete segmentally to achieve increased performance, faster recovery, and injury prevention!

Informational presentations will be held October 23 at 12:00 and October 28 at 6:30 PM with 6 Week Sessions beginning in November.



Knewtson

Health Group

Physical Therapy • Chiropractic
Personal Training • Massage • Nutrition

Call Now!

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