

BASEBALL INJURY RISK AND PERFORMANCE SERVICES

JOI REHABILITATION
SPORTS CENTER
LOCATED AT:

1325 SAN MARCO BLVD.
SUITE 102A
JACKSONVILLE, FL 32207
904.391.6955



BASEBALL INJURY RISK AND PERFORMANCE SERVICES

BASEBALL INJURY RISK AND PERFORMANCE SERVICES AT THE SPORTS CENTER WILL BE PERFORMED AND DIRECTED BY OUR EXPERIENCED BASEBALL FITNESS PROFESSIONAL AND OUR SPORTS MEDICINE TEAM THAT IS ABLE TO WORK DIRECTLY WITH YOUR PHYSICIAN, COACH, AND/OR PRO TO COORDINATE YOUR PROGRESS.

THESE BASEBALL SERVICES ARE FOCUSED ON REDUCING RISK OF INJURY AND INCREASING THE ABILITY TO PERFORM BASEBALL ACTIVITIES AT AN OPTIMAL LEVEL.

BY DETERMINING DEFICITS THROUGH A INJURY RISK SCREENING AND/OR PERFORMANCE TESTING, TRAINING PLANS ARE INDIVIDUALIZED TO THE SPECIFIC NEEDS OF EACH PLAYER.

PACKAGES:

THE LEAD OFF:

\$125

- INITIAL BASEBALL INJURY RISK SCREEN
- FOLLOW UP SESSION TO REVIEW FINDINGS OF BASEBALL INJURY RISK SCREEN, GIVE RECOMMENDATIONS BASED ON FINDINGS, AND INITIATE EXERCISES FOCUSED ON RECOMMENDATIONS.

THE CLEAN-UP:

\$250

- INITIAL BASEBALL INJURY RISK SCREEN AND THROWING VIDEO ANALYSIS
- FOLLOW UP SESSION TO REVIEW FINDINGS OF BASEBALL INJURY RISK SCREEN, REVIEW FINDINGS OF THROWING VIDEO ANALYSIS, GIVE RECOMMENDATIONS BASED ON FINDINGS, AND INITIATE EXERCISES FOCUSED ON RECOMMENDATIONS.
- 2 TRAINING SESSIONS FOCUSED ON INDIVIDUALIZED RECOMMENDATIONS

THE ALL-STAR:

\$300

- INITIAL BASEBALL INJURY RISK SCREEN, BASEBALL PERFORMANCE TEST, AND THROWING VIDEO ANALYSIS
- FOLLOW UP SESSION TO REVIEW FINDINGS OF BASEBALL INJURY RISK SCREEN, BASEBALL PERFORMANCE TEST, REVIEW FINDINGS OF THROWING VIDEO ANALYSIS, GIVE RECOMMENDATIONS BASED ON FINDINGS, AND INITIATE EXERCISES FOCUSED ON RECOMMENDATIONS.
- 2 TRAINING SESSIONS FOCUSED ON INDIVIDUALIZED RECOMMENDATIONS

THE MVP:

\$450

- INITIAL BASEBALL INJURY RISK SCREEN, BASEBALL PERFORMANCE TEST, AND THROWING VIDEO ANALYSIS
- FOLLOW UP SESSION TO REVIEW FINDINGS OF BASEBALL INJURY RISK SCREEN, BASEBALL PERFORMANCE TEST, REVIEW FINDINGS OF THROWING VIDEO ANALYSIS, GIVE RECOMMENDATIONS BASED ON FINDINGS, AND INITIATE EXERCISES FOCUSED ON RECOMMENDATIONS.
- 6 TRAINING SESSIONS FOCUSED ON INDIVIDUALIZED RECOMMENDATIONS

A LA CARTE SERVICES:

TRAINING PROGRAM SESSION BASED ON INDIVIDUALIZED RECOMMENDATIONS:

\$50