

Performance & Rehabilitation Services



Convenient, Affordable Cash-Pay Options for Athletes Wanting To Avoid Traditional Insurance-Based Care:

1-on-1 Training Appointments

- Meet individually with an athletic trainer to develop and carry out a plan of care customized to your specific needs and goals.
- Scheduled by appointment only.

Elite Membership

- Individualized performance training in a semi-private setting.
- Unlimited and open access to an athletic trainer readily available to support you in developing and carrying out a custom performance program along with access to state-of-the-art facilities and equipment. No appointments needed.



Scan QR Code
for more
information

Services provide solutions for athletes seeking:

Performance Training

- Maximize your potential and improve in areas specific to your goals.

Return-to-Sport

- Bridge the gap between physical therapy and training for an optimal comeback.

Rehabilitation

- Address issues involving pain and limitation associated with movement.

Check us out on Facebook and Instagram @mercyelitesp

Learn more at mercyelite.org