

## See what Sports Enhancement Services can do for you!

Watch our video on Mayo Clinic Health System in Eau Claire's "Sports Medicine" page at [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org).

### Sports Enhancement Services

1400 Bellinger St.  
Eau Claire, WI 54703-5211  
715-838-MEND (6363)



MAYO CLINIC HEALTH SYSTEM  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

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# Sports Enhancement Services

Reach.

Reach beyond...

- Traditional rehab
- Traditional training
- Traditional performance

# It's the perfect blend of science and technology.

Our trained physical therapists understand how muscles, ligaments and tendons work together to help the body perform. Slow-motion cameras isolate motion to its most basic elements, allowing these experts to craft a plan specifically designed to your body for your sport.

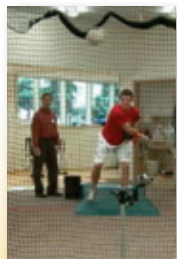
**We work with athletes at all levels to help them reach their true potential.**

## Sports Enhancement Services

### Video Analysis

Cameras capture your movements from two angles simultaneously and then digitally slow the action to detect flaws that might be causing pain or holding you back.

**Time:** 1 hour • **Duration:** 1 session



### Throwing

Whether for baseball, softball or football, we'll develop a program to improve your velocity and accuracy to keep you on target. Video analysis included.

**Time:** 1 hour • **Duration:** 7 sessions

### Kicking

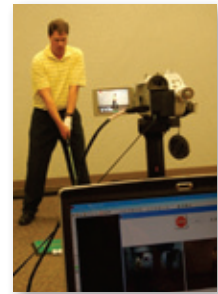
If your top goal is to improve your kicking, then discover how your feet create the perfect triangle to score. Video analysis included.

**Time:** 1 hour • **Duration:** 7 sessions

### Golf

Straighten out that swing and add distance to your game. Step into our practice cage and watch your game take off. Video analysis included.

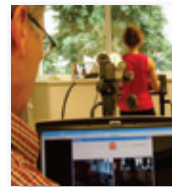
**Time:** 1 hour • **Duration:** 7 sessions



### Weight Room Prep

Gain strength, stability and muscle mass safely and effectively. We teach you proper technique. You take it to the next level. Ideal for middle school and entry-level high school athletes.

**Time:** 1 hour • **Duration:** 3-5 sessions



### Running/Walking

Improve your mechanics for better speed and endurance. Run faster farther. Video analysis included.

**Time:** 1 hour • **Duration:** 7 sessions

### Jump Training

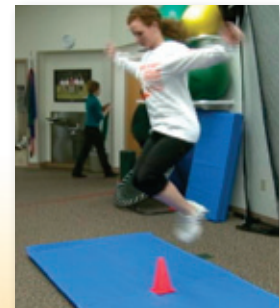
Specialized exercises train your muscles to work together to avoid anterior cruciate ligament injuries. Great for basketball, volleyball and soccer athletes.

**Time:** 1 hour

**Duration:** 8 session (2 options)

*(Option 1: 8 individual sessions)*

*(Option 2: 2 individual sessions; 6 group sessions)*



**Call Today 715-838-6190**

