

## MERCY ACCELERATION BRIDGE PROGRAM

The Bridge Program consists of exercises to **develop speed, agility, strength, conditioning and coordination**. The program takes into consideration your previous injury to minimize further injury and to maximize performance gains. These sessions are developed in collaboration with our physical therapists, athletic trainers, and certified strength and conditioning specialist. The program involves three training components:

**Treadmill running** – Develops sprint mechanics, conditioning and sprint speed

**Plyometrics** – Improves agility and body control

**Strength training** – Develops functional strength and power required for sports

The **Mercy Acceleration Bridge Program** benefits athletes who have graduated from physical therapy and are preparing for a sport(s). The program's goal is to introduce athletes to Mercy Acceleration's unique training components and bridge the gap between physical therapy and being ready to play a sport or enter a full Mercy Acceleration program (22 sessions).

The program consists of six sessions: three treadmill and two plyometric sessions, a strength evaluation and three weeks of use of Mercy Acceleration's strength center.

*Program rate: \$90*

This fee can be applied to a *full* Mercy Acceleration program if you choose to continue training after the Bridge Program.

For more information about our Bridge Program, please call (608) 743-2757 or visit Mercy Acceleration today.

[MercyHealthSystem.org](http://MercyHealthSystem.org)

 **MERCY HEALTH SYSTEM**  
**MERCY SPORTS MEDICINE &  
REHABILITATION CENTER**  
**MERCY ACCELERATION**  
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