



Connecticut Orthopaedics **PERFORMANCE PROGRAMMING**

At Connecticut Orthopaedics Sports Therapy | Rehab, we are passionate about assisting our clients in improving their quality of life, increasing their physical well-being, and decreasing their dependence on our healthcare system.


In an effort to extend our reach, we have developed **CO Performance Programming**, a hybrid in-person and virtual coaching tool geared toward our clients who don't meet the criteria for traditional physical therapy. Whether your insurance benefit is prohibitive in your continuation of care, or you are simply unsure of how to introduce physical activity into your life, **CO Performance Programming** is designed for you. ▶

PROGRAM STRUCTURE

CO Performance Programming is focused on developing an individualized plan for each client to reach their goals. To achieve this outcome, you will consult with one of our performance coaches to review your training history, equipment access, and any physical impairments, and to establish your personal goals. Based on this session, your coach will recommend the tier that will maximize your chances for success. Once your coach designs your exercise program, you will meet for a second session to review the program and address any questions.

PROGRAM TIERS, DETAILS AND PRICING

CO Performance Programming offers three tiers which consist of varying degrees of in-person and virtual support from your coach and an exercise program with varying weekly sessions.

	Initial Session	Program Introduction Session	Check-ins	Exercise Session Frequency
VARSITY	30 minute in-person	15 minute in-person	Bi-weekly email	3x/week
3 Month: \$600 6 Month: \$1,050 9 Month: \$1,500 12 Month: \$1,950				
PRO	30 minute in-person	60 minute in-person	Bi-weekly email + 1 in-person/ 3 months	4x/week
3 Month: \$825 6 Month: \$1,400 9 Month: \$1,975 12 Month: \$2,500				
ELITE	30 minute in-person	60 minute in-person	Bi-weekly email + 1 in-person/ month	5x week
3 Month: \$850 6 Month: \$1,500 9 Month: \$2,150 12 Month: \$2,800				

Call to schedule an appointment or to learn more about CO Performance Programming.



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