

We are very excited to announce that we are now offering personal training options for clients!

Our offerings will be in conjunction with current PT home exercise programs, not as a replacement for physical therapy. These programs will be designed to help improve strength, balance, mobility, and endurance. They will be a way to continue to expand our reach into the wellness continuum of our patients.

These programs will include an initial assessment to determine readiness for programming and any strength deficits. This initial assessment will be \$30 and will include a Kinotek screening.

There will be four affordable options for clients:

- 1** In person one-on-one coaching:
 - Monthly fee:
 - 4x/month: \$180 (\$45 per session)
 - 8x/month: \$320 (\$40 per session)
 - 12x/month: \$420 (\$35 per session)
 - Per diem rate: \$45 per session
- 2** Small group:
 - Reach out to us for pricing. This will vary based on the number of individuals and how many sessions per month.
- 3** Remote options:
 - Fully remote (program only) \$35/month
 - can be sold in multi-month packages up to 4 months
- 4** Unlimited package:
 - \$450/month

The goal of these offerings is to help you move and feel better. Programming will be driven based on recommendations and referrals from our physical therapists, however we will also be accepting new patients who are interested in our personal training services.

If you have any questions or would like to schedule a personal training assessment, please email Jake Walker at jake@elliottphysicaltherapy.com.