

SPORT SCIENCE DAY & OPEN HOUSE

Sat, Dec 3 in Bristol

Bring key components of
SPORT & SCIENCE together
to elevate your game for
2023!

Baseball and Softball
players will rotate through
evaluation & education
stations with **Advanced
Physical Therapy, Diamond
Kings and the Parisi Speed
School**

In a comprehensive evaluation, Advanced PT and the Parisi Speed School will measure, evaluate and review each player's:

- Shoulder and Hip
 - Internal/external rotation and strength
- Muscle Length
- Trunk Rotation & Stability
- Squat Form and Function
- Grip strength
- Running mechanics
 - 10 & 20 yd Dash Times
 - 5-10-5 Agility Shuttle
- Vertical Jump

Who: Male and Female athletes ages 8-11, 12-14, 15+

When: Sat Dec 3 from 10am-1 pm

Where: Diamond Kings & Advanced Physical Therapy 842 Clark Ave, Bristol

ADVANCED PHYSICAL THERAPY LLC
ORTHOPEDICS - SPINE - SPORTS MEDICINE



REGISTER at www.dkacademy.com