

Rehab 3 Center for Athletes

Leaders in Sports Medicine

Rehab 3 at Marsh Brook provides the highest level of sports rehabilitation to athletes in Seacoast New Hampshire and nearby Maine. Our athletic trainers, on-site at most high school sporting events, assess you at the time of injury while our sports trained physical and occupational therapists are ready to serve you in our facility. As regional leaders we provide superior care for a wide range of sports-related diagnoses and specialize in individualized and team-based approaches designed to maximize your recovery and return you to your sport quickly and safely.

SCFA

SOMERSWORTH/ LEE, NH

Seacoast Center for Athletes

Seacoast Center for Athletes

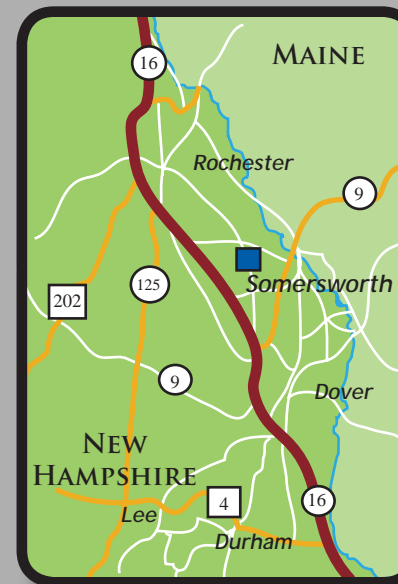
As a partnership with Seacoast Orthopedics & Sports Medicine we have formed the Seacoast Center for Athletes or SCFA. Merging the athletic medical/ surgical treatment of Seacoast Orthopedics & Sports Medicine with the sports rehab and peak performance sports programs of Rehab 3, SCFA can meet your sports needs. In doing so, we have become the first and only complete top-level sports medicine center in the Seacoast/ Southern New Hampshire and Southern Maine areas.

"Rehab 3 Center for Athletes gives my athletes the tools necessary to compete at their maximum potential. They are undoubtedly the region's leader in sports performance training."

Chris Grassie, Owner
Hockey Development Center
Coach, NH Jr. Monarchs

Rehab 3

Center for Athletes



Rehab 3 Center for Athletes
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Somersworth, NH 03878
603-749-6379

www.centerforathletes.com
www.rehab-3.com

SPORTS PERFORMANCE PROGRAMS

Rehab 3
Center for Athletes



DON'T MISS THE ACTION!

www.centerforathletes.com
www.rehab-3.com

Rehab 3

Center for Athletes



The Rehab 3 Center for Athletes offers sports-specific strength and conditioning programs designed to maximize sports performance. We customize this training for each individual to decrease the risk of injury and increase confidence. We target flexibility, strength, power, agility, balance, and speed - critical components necessary for success in athletic competition.

Program Information

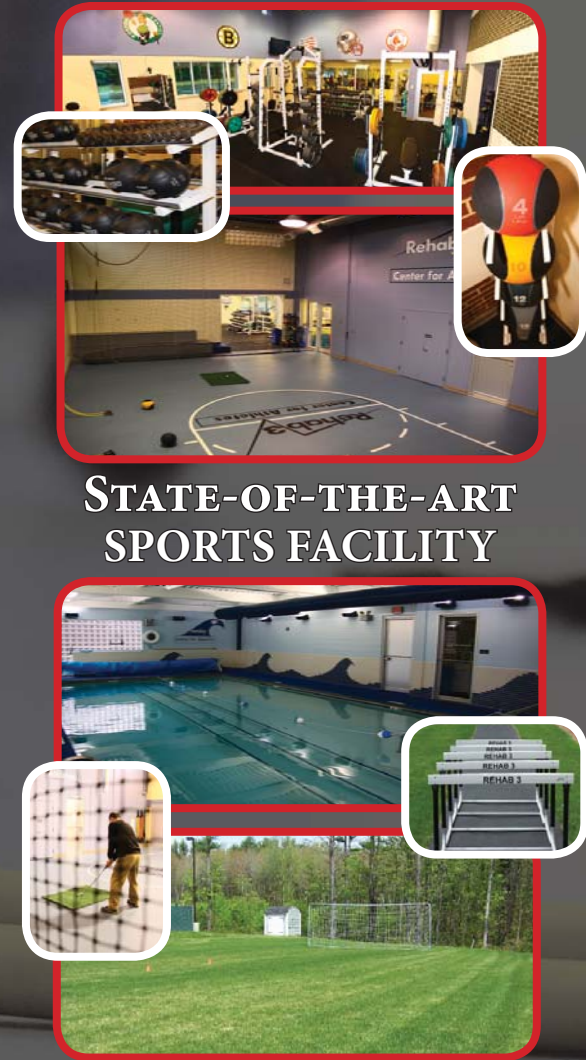
The Rehab 3 Center for Athletes offers strength and conditioning programs in all sports to complement your pre-season, in-season, and off-season schedule. Our flexible open enrollment plan allows you to join at any time, committing each month to between one and four sessions per week under the direction and supervision of our professionally trained and certified staff. Whether you are an enthusiastic amateur or a world-class professional we individualize your plan to prepare you for, or return you to, your sport of choice. All sessions occur on-site; special considerations can be made for off-site programs.

Program Description and Price

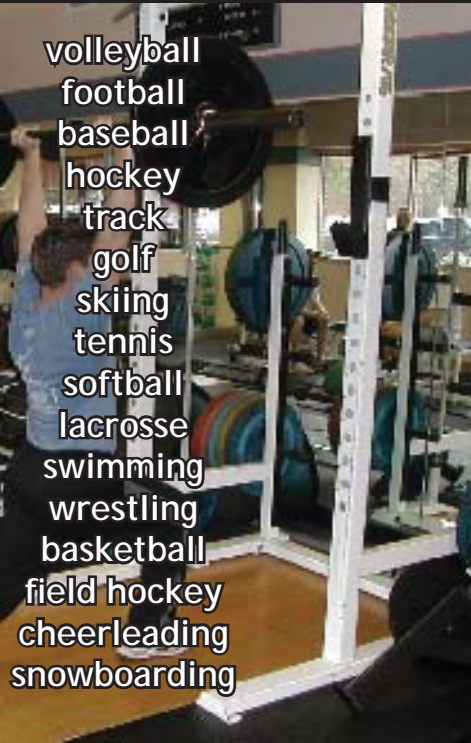
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|---|-----------------------------------|
| Return to Sport Program: (Rehab 3 patients only) | Sports-Specific Training Program: |
| 3 Days/Week - \$175/ month | 4 Days/Week - \$315/ month |
| 2 Days/Week - \$150/ month | 3 Days/Week - \$275/ month |
| 1 Day/Week - \$75/ month | 2 Days/Week - \$200/ month |
| | 1 Day/Week - \$150/ month |
| Team Rate: | |
| 3 Days/Week - \$135/ month | |
| 2 Days/Week - \$100/ month | |

Our Strength & Conditioning Staff

The Rehab 3 Center for Athletes has a team of certified strength and conditioning specialists, physical therapists, and athletic trainers to assist you in reaching your maximum potential as an athlete.



STATE-OF-THE-ART SPORTS FACILITY



volleyball
football
baseball
hockey
track
golf
skiing
tennis
softball
lacrosse
swimming
wrestling
basketball
field hockey
cheerleading
snowboarding

CHALLENGE YOUR POTENTIAL...ENROLL TODAY/ FOR MORE INFORMATION CALL US AT 603-749-6379
centerforathletes@strafhealth.com www.centerforathletes.com