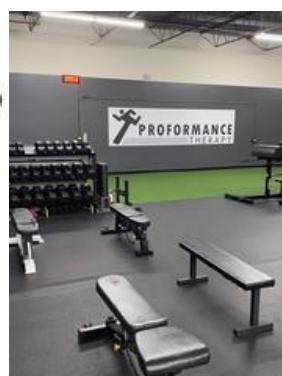
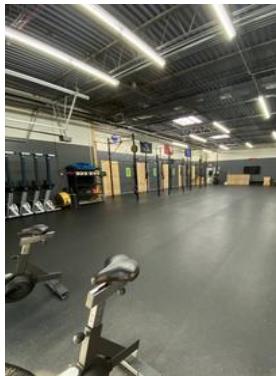




## **PROFORMANCE SPORTS, A Healthy Model For Youth Sports Performance Education and Training.**

### **A FOUNDATION FOR A LIFE TIME OF ATHLETIC PARTICIPATION**

*ProFormance Sports is made up of elite health professionals who have trained and played at all levels of Athletics. These professionals not only have strength and conditioning backgrounds but are also trained in injury prevention specialties. ProFormance Therapy, an outpatient physical therapy company, has been seeing an increasing number of injuries in youth as well as the diminishing ages of its patients. Justin Silver the director of ProFormance Therapy has spent time both in collegiate sports (playing and training) as well as training in professional sports. He created ProFormance Sports along with his amazing team as a passion project for ProFormance Therapy. He was tired of seeing increasing youth injuries and felt a better way of training was needed. Care for professional athletes is multifaceted. It is not just strength training "bigger, faster, stronger"; it encompasses strength professionals, a medical team, coaches, nutritionists, psychologists and so much more. ProFormance felt this coordinated care could and should be available at a youth level to create healthy athletes for a lifetime of success. ProFormance Sports and Its partners have a different vision for the athletes who enter our program as we are striving to keep them healthy for life playing the sports they love. Our vision is to educate the athletes in our program for a lifestyle which we hope will yield enlightened adults who don't have to live with the aches and pains experienced by the generations of athletes before them.*



**ProFormance Sports offers a variety of options:  
INDIVIDUAL, GROUP or TEAM TRAINING.**

**For Questions on our available programs and pricing  
or any questions we can answer for you please reach out to us at:  
[info@proformtherapy.com](mailto:info@proformtherapy.com), call us at 847-581-6300  
or visit our website at**

**[www.PROFORMTHERAPY.com](http://www.PROFORMTHERAPY.com)**

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