





## Injury Prevention Screenings and Program Offerings

	Price
<p><b>ACL Injury Prevention Training</b></p> <ul style="list-style-type: none"> <li>A training program designed to correct biomechanical risk factors of an ACL injury and improve strength, power, and agility</li> <li><b>Team Training:</b> 60 minute training sessions, provided at school or club (minimum of 6 athletes)</li> <li><b>Individual Training:</b> 30 and 60 minute training sessions available. Provided at one of Nicklaus Children's Outpatient Centers</li> <li><b>Small Group Training:</b> A 6 week program offered at the Pinecrest Sports Health Center</li> </ul>	<p><b>Team Training:</b> 6 session program per athlete: \$120 8 session program per athlete: \$160 12 session program Per athlete: \$240</p> <p><b>Individual Training:</b> <b>30 min sessions:</b> \$35 <b>60 min sessions:</b> \$70</p> <p><b>Small Group Training:</b> 6 Sessions: \$90 12 Sessions: \$145</p>
<p><b>ACL Return to Sport Testing</b></p> <ul style="list-style-type: none"> <li>A comprehensive biomechanical motion analysis evaluation of return to sport readiness after ACL injury</li> <li>Designed to identify risk of re-injury, strength, power and symmetry</li> <li>Testing provided at one of Nicklaus Children's Outpatient Centers</li> </ul>	<p>Physician prescription and medical billing</p>
<p><b>Running Injury Prevention Screening</b></p> <ul style="list-style-type: none"> <li>A biomechanical motion analysis screening to identify level of risk for the runner.</li> <li><b>Team Screening:</b> Includes a 15-min video analysis with individual injury risk profile, provided at school or club</li> <li><b>Individual Screening:</b> Includes a comprehensive 45-min video analysis with individual results summary and training recommendation package. Provided at one of Nicklaus Children's Outpatient Centers</li> </ul>	<p><b>Team Screening:</b> \$40 per athlete</p> <p><b>Individual Screening:</b> \$135</p>



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<p><b>Running Injury Prevention Training</b></p> <ul style="list-style-type: none"> <li>A training program designed to correct biomechanical risk factors of a running injury and Improve strength, power, and running mechanics <ul style="list-style-type: none"> <li><b>Team Training:</b> 60 minute training sessions, provided at school or club (Minimum of 6 athletes)</li> <li><b>Individual Training:</b> 30 and 60 minute training sessions available. Provided at one of Nicklaus Children's Outpatient Centers</li> <li><b>Small Group Training:</b> A 6 week program offered at the Pinecrest Sports Health Center</li> </ul> </li> </ul>	<p><b>Team Training:</b> 6 session program per athlete: \$120 8 session program per athlete: \$160 12 session program Per athlete: \$240</p> <p><b>Individual Training:</b> <b>30 min sessions:</b> \$35 <b>60 min sessions:</b> \$70</p> <p><b>Small Group Training:</b> 6 Sessions: \$90 12 Sessions: \$145</p>
<p><b>Dance Injury Prevention Screening</b></p> <ul style="list-style-type: none"> <li>A comprehensive biomechanical motion analysis and physical evaluation of a dancers risk of injury</li> <li>Designed to identify areas needing improvement to reduce the risk of injury and enhance performance</li> <li><b>Team/Studio Screening:</b> Includes 30-min motion analysis and physical screening with individual injury risk profile, provided at school or studio</li> <li><b>Individual Screening:</b> Includes a 60-min motion analysis and physical assessment with individualized results summary and training recommendation package, provided at one of Nicklaus Children's Outpatient Centers</li> </ul>	<p><b>Team/Studio Screening per athlete:</b> \$50</p> <p><b>Individual Screening:</b> \$130</p>
<p><b>Pointe Readiness Screening</b></p> <ul style="list-style-type: none"> <li>A physical screening designed to determine if the dancer has adequate strength, balance and range of motion to safely begin pointe</li> <li>Screening provided at school, studio or at one of Nicklaus Children's Outpatient Centers</li> </ul>	<p>\$25 per dancer</p>



**Nicklaus  
Children's  
Hospital**

**SportsHealth**



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<p><b>Dance Injury Prevention Training</b></p> <ul style="list-style-type: none"> <li>A training program designed to improve strength, range of motion, balance and neuromuscular control to enhance performance and reduce the risk of dance related injuries               <ul style="list-style-type: none"> <li><b>Team/Studio Training:</b> 60 minute training sessions, provided at studio or school (Minimum of 6 dancers)</li> <li><b>Individual Training:</b> 30 and 60 minute training sessions available. Provided at one of Nicklaus Children's Outpatient Centers</li> <li><b>Small Group Training:</b> A 6 week program offered at the Pinecrest Sports Health Center</li> </ul> </li> </ul>	<p><b>Team Training:</b>            6 session program per athlete: \$120            8 session program per athlete: \$160            12 session program Per athlete: \$240</p> <p><b>Individual Training:</b>  <b>30 min sessions:</b> \$35  <b>60 min sessions:</b> \$70</p> <p><b>Small Group Training:</b>            6 Sessions: \$90            12 Sessions: \$145</p>	
<p><b>Performance Training</b></p> <ul style="list-style-type: none"> <li>Sports specific injury prevention and performance enhancing training provided at the Pinecrest Sports Health Center               <ul style="list-style-type: none"> <li><b>Individual Training:</b> 30 and 60 minute training sessions available</li> <li><b>Small Group Training:</b> 60 minute training sessions</li> </ul> </li> </ul>	<p><b>Individual</b>            30 minute session: \$35 per athlete            60 minute session: \$70 per athlete</p> <p><b>Small Group</b>            2 athletes: \$95            3 athletes: \$110</p>	
<p><b>Pinecrest Sports Health Center Open Gym:</b></p> <ul style="list-style-type: none"> <li>Access to state-of-the-art performance training equipment with supervision by a sports specialist</li> <li><i>Athletes must be between the ages of 12 and 21</i></li> </ul>	<p>\$40.00/month</p>	

To schedule an appointment please call 855-NCH-SPRT (855-624-7778) or visit us at [nicklauschildrens.org/SportsHealth](http://nicklauschildrens.org/SportsHealth)