

RECOVER

Whether you are in recovery or on the playing field and want to avoid an injury, Westview's outpatient sports performance experts are committed to providing state-of-the-art sports medicine, athletic training and clinical care for athletes of all ages and skill levels.

HEAL

Our customized treatment plans may include: joint and soft tissue mobilization to increase range of motion, therapeutic methods to increase tissue flexibility, decrease pain and swelling and promote healing, and consultation regarding bracing, taping and orthotics.

STRENGTHEN

Whatever your sport, the staff at Westview can help maintain your passions by building your strength; improving your balance and flexibility; and increasing your endurance.

PROTECT

Aside from having curative and rehabilitative functions, sports medicine strongly employs preventive education and practices designed to educate and empower the individual with the knowledge of proper form and range of physical aptitude.

Westview Health Care Center
150 Ware Road, Dayville, CT 06241
860-774-8574
www.westviewhcc.com

OFFERING:

- **Fitness/Performance Evaluations**
- **Personalized Programs**
- **Team Programs**
- **1 on 1 or Group Training Services**
- **Package Pricing Discounts**
- **Special Multi-Program Pricing**
- **AlterG Anti-Gravity Treadmill**
Buy 2 sessions, get 1 session free
- **Multi-Sport Simulator**
Practice golf, baseball, soccer & football
- **Titleist Performance Institute**
Certified Golf Specialists



For additional information, pricing and scheduling, please contact 860-774-8574



WESTVIEW
SPORTS
MEDICINE

**STRENGTH &
CONDITIONING
SERVICES**

GET FIT

Whether you are a full-time athlete, weekend warrior, mature athlete or looking to get back in shape, the Strength & Conditioning services at Westview's Sports Medicine Center can help optimize your health and performance goals.

We are capable of providing customized performance and wellness plans to meet the specific goals and needs of each individual.

Offerings include:

General Fitness/ Weight Loss
Corrective Exercise
Performance Enhancement
Speed, Agility & Quickness

STAY FIT



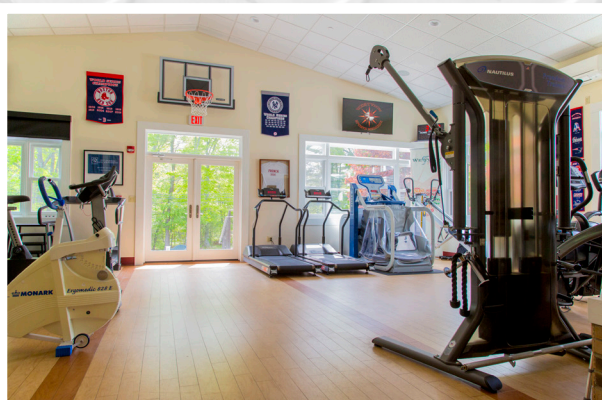
Westview's Sports Medicine Team

The Sports Medicine therapists and athletic trainers address physical fitness and physiological elements pertaining to sports-related health and wellness.

CUTTING EDGE

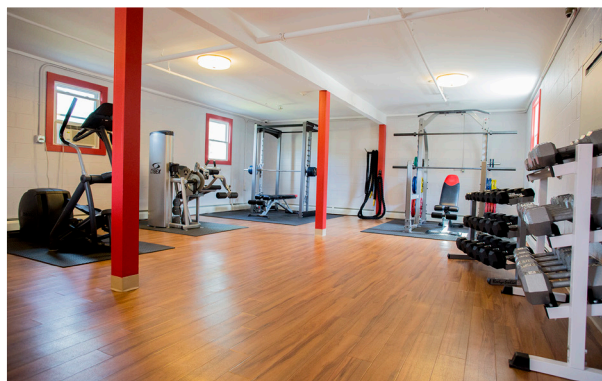
Westview's Sports Medicine Center features the latest, state-of-the-art technology and equipment to serve your strength and conditioning needs. Some of the cutting-edge equipment includes:

AlterG Anti-Gravity Treadmill
Biodex Balance System
Multi-Sport Simulator
Nautilus Freedom Trainer
TRX Suspension System
Strength & Conditioning Gym



Top: Westview's Sports Medicine gym is equipped with the latest technology and state-of-the-art equipment to meet a multitude of therapeutic needs

Below: Westview's Strength and Conditioning gym is designed for large compound exercises and free weight exercises



WESTVIEW

Benefits of Strength & Conditioning

Decrease body fat
Increase lean body mass
Improve productivity
Increase energy
Enhance overall health
Optimize posture and body alignment
Recover faster from previous injuries
Decrease risk of future injuries
Improve flexibility and mobility
Enhance stability, balance and coordination
Build functional strength
Maximize muscle growth
Develop explosive power
Improve speed, quickness and agility
Improve sport/activity specific endurance
Enhance nutritional education

SPORTS



Westview's Certified Athletic Trainers deliver high quality health care while helping maintain the safety and welfare of all who participate in athletics.

MEDICINE