



Sports Medicine: Youth Programs Lacrosse Performance Enhancement

Power, agility, and speed are important skills for a lacrosse player, even at a young age. This program focuses on improving the biomechanics of a lacrosse player's game in order to enhance their athletic performance. It utilizes exercises that are fun and challenging to keep each youth athlete motivated.

Program Objectives

- Improve cardiovascular endurance
- Enhance speed and agility
- Improve overall core strength and stability
- Upper and lower disassociation

Program Focus

- Pre and Post Video Analysis Testing of functional strength and flexibility
- Running analysis to target weakness or problem areas
- Hands-on stretching and treatment to improve muscle balance
- Body core strengthening

Program Provides

- Six one-hour sessions over two weeks
- Personalized exercise program for "off days"
- Core and lower extremity strength training
- Personalized stretching and strengthening program

For more information contact:

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