

Athletes Edge Marketing

Introducing the Athletes Edge Evaluation

Where Recovery Meets Performance

Today's athletes are faster, stronger, and more explosive than ever. But too many programs skip a critical step — assessing the *individual athlete* to identify weaknesses that could lead to injuries and hold back performance.

That's where **Athletes Edge** comes in.

What is Athletes Edge?

Athletes Edge is a one-on-one evaluation with a licensed physical therapist trained in biomechanics, corrective movement, and injury prevention. This 60-minute session includes:

- Full-body movement analysis
- Core control & joint stability testing
- Flexibility, strength, and mobility checks
- A personalized home exercise plan

You'll leave with a clear understanding of what your body needs — and a plan to move forward stronger.

Bonus: We can collaborate directly with your coach or trainer to support your current programming.

Why Athletes Edge?

- **Truly Individualized:** Not just a “screen” — a full assessment built for *you*

- **Expert-Led:** Run by PTs with strength & conditioning backgrounds
 - **Injury Prevention:** Address issues *before* they sideline you
 - **Performance-Focused:** Build the foundation to run faster, jump higher, and move better
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Athlete-Tested. Proven Results.

"Working with Mr. Janik through my injuries was a game changer for me. I had constant back pain and a high ankle sprain. Thanks to a personalized therapy plan, I fully recovered and returned to play faster than I imagined. He gave me the tools to stay strong, mobile, and prevent future injuries. I highly recommend Athletes Edge to any athlete ready to perform at a higher level."

— **Mike Mancini**, Vanderbilt Baseball

Locations

- **STPTA** – 200 Front Street, Vestal, NY
 - **Synergy Athletics** – Hooper Road, Endwell, NY
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\$ Cost: \$125

(Limited spots available. Price subject to change.)

 **Call 607-754-1776** to book — ask for **Tom Janik**
