



## **mission**

**It is our mission at **empower** to keep the competitive and recreational athlete training and surpassing their goals through individualized performance therapy. Our sports medicine professionals are certified in several disciplines and deliver unparalleled care and conditioning. Passionate athletes ourselves, we will inspire clients to train empowered—and have fun doing it.**

**empower || performance therapy designed uniquely for you. prevent and treat injury, optimize recovery, and enhance performance.**



**Injury Evaluation** Injury or nagging pain can disrupt daily life or wreak havoc on your training. An evaluation by a Certified Athletic Trainer—AT—to assess the dysfunction followed by the appropriate exercises will have you training empowered once again. **\$25**

**crank it to eleven** by adding soft tissue therapy and kinesio taping **\$45**

**Soft Tissue Therapy** Repetitive training and dysfunctional movement patterns can cause soft tissue adhesions to build up and restrict normal range of motion. Our clinician will rock a combination of **myofascial release** and **instrumented soft tissue mobilization** to treat the soft tissue. Specialized instruments are used to detect and treat chronic adhesions then the AT will take you through a series of active movements and apply targeted stretch to specific muscles and their connective fascia. Enhances recovery, prevents and treats injury.

**\$30/ 15 min | \$55/ 30 min | \$225/ 5 - 30 min sessions**

**Kinesio Taping**® A therapeutic taping technique designed to optimize the body's natural healing process. The Kinesio Taping Method allows the body to perform normal range of motion while decreasing pain and swelling, supporting muscles and joints, speeding recovery, and enhancing performance. Performed by a Certified Kinesio Taping Practitioner—CKTP. **\$12**

**Performance Movement Screen** Asymmetries in the body can cause altered movement patterns, which may lead to injury or keep you from performing at your desired level. An AT will assess your major movement patterns, flexibility, and muscular strength to identify any imbalances and prescribe the appropriate training plan for you and your goals. **\$75**

**blow the speakers off** combine with bike fitting to receive **15%** discount!

**Strength Training** Personal training sessions are designed based on your individualized training goals, performance movement screen, or injury rehab plan. Strong glutes, core, and balance are essential to killer performance and outlasting your competition. Oh and to follow our theme: correcting strength and inflexibility imbalances help prevent injury too. This is your time to be awesome. **Individuals \$45/ 45 min | \$180/ 5 sessions | Groups \$30/ 45 min | \$120/ 5 sessions**

**empower || performance therapy designed uniquely for you. prevent and treat injury, optimize recovery, and enhance performance.**

**Elevated Legs Compression Boots** You train hard. Recover harder. Intermittent compression boots allow you to kick back and indulge in the training recovery process. Improve circulation in the lower extremities to clear metabolic waste faster resulting in reduced muscle soreness and fatigue so you can get back to being a rockstar.

**\$15/ 30 min | \$50 monthly unlimited**

**Recovery Party** After a tough week or block of training, you need to treat yourself. Come stag or drag along your shredder buddies for 60 minutes of hard recovery. Foam roll, soft tissue work, yoga, compression boots, and recovery smoothies. Dance parties and brews may follow.

**\$45**

**Athletic Trainer Event Coverage** A certified athletic trainer—AT—will provide first aid, injury management, and emergency care at your event. Contact to discuss details.

**certified athletic trainer || AT's are allied healthcare professionals who specialize in the care and treatment of orthopedic and sport related injuries**

**empower || performance therapy designed uniquely for you. prevent and treat injury, optimize recovery, and enhance performance.**



## **artist notes**

your **empower performance therapist** is also a  
mountain biking addict  
cat 1 xc and enduro racer  
sometimes cyclocrosser  
underground runner  
pancake and waffle connoisseur

most importantly has been practicing the fine art of athletic training for 12 years at the professional, Olympic, and collegiate levels

**Samantha Welter, MS, ATC, CSCS, CKTP**

**athletic trainer**

**strength and conditioning specialist**

**kinesio taping practitioner**

970.214.5160 | [trainempowered@gmail.com](mailto:trainempowered@gmail.com)

**empower** || performance therapy designed uniquely for you. prevent and treat injury, optimize recovery, and enhance performance.