

2023/2024

ATHX

**T.O.P  
&  
ATHX**

[WWW.ATHXPERFORMANCE.COM](http://WWW.ATHXPERFORMANCE.COM)

SERVICE@ATHXPERFORMANCE.COM

## Dear Athletes, Coaches, and Parents,

ATHX is looking forward to once again working with the T.O.P athletes this upcoming season. We would like to introduce what our clinic and training team can do to support and enhance athletic performance.

ATHX sets the bar for sport performance facilities in Edmonton. We are home to a 16,000 sq ft space equipped with a 55-yard Mondo track, 3000 sq ft of turf, state of the art equipment, and a fully integrated sports injury and performance team. Our goal with the TOP program is to give you access to the best in treatment and training.

Our treatment side consists of Chiropractors trained in ART and Graston certifications, taping and a variety of other treatment approaches, registered Massage Therapists, Acupuncture, IMS, Kinesiologists and Strength Coaches. Our facility is equipped with state-of-the-art equipment, including Keiser technology, Proteus Motion, Vald Force Plates. Additionally, we boast a fully equipped recovery room with Normatec, Hyperice, and Game Ready.

Pop in anytime to tour our facility or visit our website at [athxperformance.com](http://athxperformance.com) for more information on our facility and our approach to athletic performance.

Have a great season,

ATHX Team

T.O.P Pricing - (This pricing is also extended to all ETC coaches)

- \$54.75 - Chiropractic – Value \$73.00
- \$78.75 + GST - Massage Therapy – Value \$105.00 + GST
- \$78.75 - Acupuncture - Value \$105.00
- \$78.75 - Shockwave Therapy – Value \$105.00
- \$60.00 + GST - Performance Training –Value \$80.00 + GST
- \$100.00 + GST/month - Coaching Program -Value \$200.00 + GST/month (50% off TOP)
- \$100.00 + GST/month - Open Gym (gym equipment access) –Value \$200.00 + GST/month
- Recovery Access for all TOP athletes- Value \$50.00 + GST/month

*Please refer to your individual TOP Athlete Package for any additional benefits involving pre-paid sessions, or direct billing options at ATHX.*

# SERVICE DETAILS

## **Chiropractic**

Our chiropractors will assess, diagnose, and treat your injury with an active recovery approach, using a combination of methods including manual therapy, joint manipulation, Graston, active release therapy, taping, and exercise prescription. Our approach works to correct movement patterns and address the underlying cause of injury, while also providing symptom relief. At ATHX, we have many years of experience working with high level athletes of all sports with a focus on injury recovery and sport performance.

## **Massage**

Our massage therapists specialize in Therapeutic and Sports Massage. Therapeutic Massage focuses on the treatment of symptoms resulting from specific trauma or repetitive strain. Conditions that can benefit from massage include muscle strains, ligament sprains, tendonitis, rotator cuff dysfunction, knee pain and hip/back pain.

Sports Massage focuses on treating the specific issues that amateur and elite athletes face during training and competition and is a very effective tool for injury prevention, training recovery, and sports performance.

## **Acupuncture**

Acupuncture is a proven method of encouraging the body to heal and improve function by stimulating the autonomic nervous system, the endocrine system, and immune system.

Conditions that benefit from acupuncture include:

- Acute injuries
- Headaches
- Tendonitis
- Bursitis · Chronic pain
- Health conditions including fatigue, stress or hormone imbalances

## **Performance Training**

ATHX is an athletic performance training facility built on innovation, experience, and results. Our performance training model is about building athletes, with a focus on mobility and neuro patterns, an emphasis on sport mechanics, and comprehensive detail with strength, speed, and power levers. We have experience working with an injured athlete with a return to compete goal and with a performance athlete looking to get stronger and faster. At ATHX, our model uses data and analytics, specific programming, world class training equipment, mechanical development, and injury prevention and recovery tools to maximize an athlete's potential. At ATHX, we train athletes for results.

## **Shockwave**

Shockwave therapy is a non-invasive treatment that is effective for chronic conditions, primarily those involving ligaments and tendons that don't seem to respond to traditional forms of treatment. Many people report that their pain is reduced, and mobility improved after the first treatment. Shockwave has been shown to effectively treat the following conditions:

- Feet - heel spurs, plantar fasciitis, Achilles tendonitis
- Elbow – tennis and golfers' elbow
- Knee - patellar tendonitis
- Hip – bursitis
- Lower leg - shin splints / Upper leg – ITB syndrome