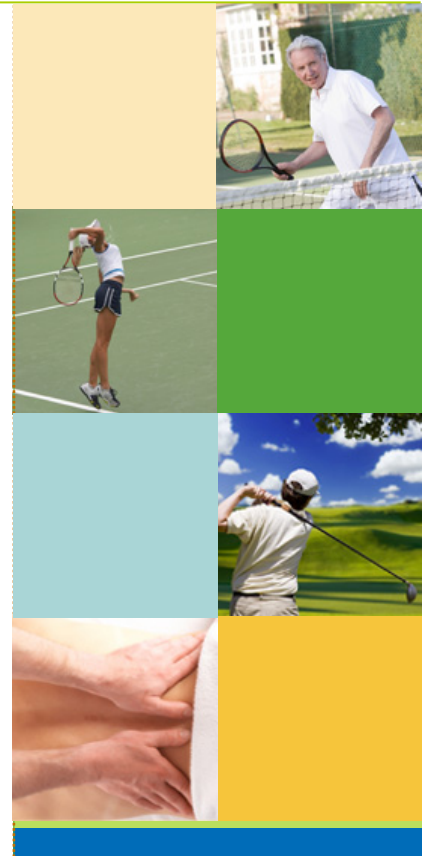


A new and unique way to look at fitness through biomechanical analysis and sports specific training

Athlete Design Labs services a growing need for portable and customized fitness training through physical therapy and athletic training expertise with advanced biomechanical analysis. Our team members will come to your home, school, work, gym or country club to help elevate your game or keep you on it. Our practice is located in the Greater Philadelphia area and is perfect for both elite athletes and weekend warriors.



Analysis of Sports	Manual Therapy	Exercises /Treatment
Racquet Sports	Soft tissue mobilization	Sports specific training
Golf	Myofascial release	Injury Prevention
Competitive Athletics	Joint mobilization	Core Training
Recreational Athletics	Neuromuscular Re-education and Facilitation	Strength training
	Manual traction	Flexibility
	Muscle energy	Speed/ Agility
	Nerve Gliding	Power/Balance
	Stretching	Endurance
		Posture training
		Pain management

Sports Specific Exercise

Athlete Design Labs follows the latest research on how proper physical conditioning improves performance and minimizes injuries among athletes. Along with experience and research based evidence ADL develops sport-specific fitness training and therapeutic treatment programs.

The Sports Performance Evaluation measures your sport specific

- Flexibility
- Range of motion
- Strength
- Posture
- Balance
- Control

The Athlete Design Labs Difference:

- ADL has a unique ability to combine biomechanical movement analysis and manual therapy using our physical therapy and athletic training backgrounds to help attain optimal results.
- We perform all of our evaluations at the clients' site maximizing convenience.
- Our entire team has significant education and clinical expertise in sports medicine with a Doctor of Physical therapy performing all evaluations and designing all exercises.