



PHYSICAL & HAND THERAPY
SPORTS INSTITUTE



REBUILD. TRAIN. PERFORM.

Our expert performance team – comprised of physical therapists, athletic trainers, strength and conditioning coaches and sport coaches – support athletes and everyday active people.

TEAM/GROUP ATHLETE DEVELOPMENT

- Strength and conditioning for athletes of any age in a small group or team setting
- Individualized to the athlete's experience level and age for each group

Email robb.lamb@irgpt.com for information and pricing structure for your individual team needs.

OPEN GYM PROGRAMMING

- Individualized strength and performance on your own time
- Access to your strength coach during open hours
- Monthly assessments/testing included

2025 RATES:

12 sessions: \$600 (valid for 4 months)
24 sessions: \$1,080 (valid for 7 months)
36 sessions: \$1,500 (valid for 9 months)

ACL REHAB/ACL BRIDGE PROGRAM

Whether you're fresh off of your injury, or you're later in your ACL rehab/post-op process, we have an individualized program to fit your needs.

2025 RATES:

1x/week in-person: \$400/month
2x/week in-person: \$525/month
3x/week in-person: \$575/month
Remote only: \$350 (includes monthly testing)

REMOTE WELLNESS

- Weekly plans and programming
- 24-hour access to a professional
- Bi-monthly calls
- Access to a physical therapist regularly

2025 PRICE: \$325/month



**SCAN TO SCHEDULE A DISCOVERY CALL
WITH ROBB TO DETERMINE THE BEST
PLAN FOR YOU.**



ROBB LAMB, MS, ATC, CPSS
PERFORMANCE DIRECTOR



PHYSICAL & HAND THERAPY
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**IRG PHYSICAL & HAND THERAPY
SPORTS INSTITUTE IN FREMONT**

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FREMONT_SPORTS DISCOVERY CALL 0625