

Pricing and Packages

Performance Physical Therapy: 60 minute one-on-one sessions

Single session: \$125

Carolina Performance Package: 16 sessions @ \$1600

Silver Performance Package: 12 sessions @ \$1320

Navy Performance Package: 8 sessions @ \$920

Strength & Conditioning: 60 minute individual or group sessions (up to 4 people)

Single session: \$80

Carolina Strength Package: 16 sessions @ \$1120

Navy Strength Package: 12 sessions @ \$900

*Prices apply to seasonal soccer training

Running Package

You may require a combination of services i.e. running evaluation and gait analysis, rehabilitation, strength training, online programming. Let's work together to develop a customized plan that works best for you!

**All services include a free 30 minute consult call
to discuss your goals and service needs**