



Premier Health Sports and Human Performance

Train utilizing a sport specific approach that translates to peak performance on the court and field.

Sports and Human Performance Miami Valley Hospital

- Implements the most current and effective training methods in speed, agility, and strength.
- Outcome based training model focusing on functional ability.
- Functional movement screen utilized to identify areas of weakness and a baseline of athletic ability.
- Initial evaluation involves various assessments focused on speed, power, plyometric ability and agility.
- Each session employs techniques utilizing TRX, jump mats, kettlebells and much more to ensure optimal outcomes.
- For athletes ages 10 and up.
\$400—20 Sessions

Specialized Training

Elite Athletes — Customized training program developed for those athletes transitioning to college level athletic programs.
\$400—20 sessions

Endurance Athletes — Utilizes video analysis to pinpoint biomechanical imbalances which can lead to overuse injuries.
\$300—20 sessions

Team Training— Four or more individuals signed up at the same time from the same school.
\$250 per person—20 Sessions

Post Injury— post-surgical and return to function program meant to supplement the physical therapy process during the active phases of rehabilitation.
\$150—12 sessions

Functional Movement Screen— \$40

* Discounted pricing available for Premier Health partnership schools and Premier Health employees

The Sports and Human Performance Program at Premier Health has guided numerous athletes in various sports to Division I universities such as The Ohio State University, Notre Dame, Wisconsin, Michigan, Michigan State, Pittsburgh, Miami University and others as well as professional athletes from the NFL, NBA, MLB, and MLS.

To schedule an appointment contact:

Joel Russo, AT, CSCS

Premier Health Sports and Human Performance
(937) 438-4488 or jarusso@premierhealth.com

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Directions



Miami Valley Hospital South

The Sports Medicine Center
2400 Miami Valley Dr.
Centerville, OH 45459

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(937) 438-4488
jarusso@premierhealth.com

Miami Valley Hospital South is located directly southwest of the 675 and Wilmington Pike Interchange.

From the east: I-675 South to Wilmington Pike (exit 7). Make a left (heading south on Wilmington Pike). Make a right into Miami Valley Hospital South after passing underneath the 675 bridge.

From the south: I-75 North to I-675. I-675 to Wilmington Pike (exit 7). Make a right (heading south) on Wilmington Pike and an immediate right into Miami Valley Hospital South.

From the west: Route 35 East to I-675 South. I-675 to Wilmington Pike (exit 7). Make a left (heading south) on Wilmington Pike. Make a right into Miami Valley Hospital South after passing underneath the 675 bridge.

From the north: I-75 South to Route 35 East to I-675 South. I-675 to Wilmington Pike. Make a left (heading south) on Wilmington Pike. Make a right into Miami Valley Hospital South after passing underneath the 675 bridge.