

# TrinityElite Services



## Physical Therapy

Rehabilitate injuries in a sport setting appropriate for all ages. Work with our sports-specialized clinicians to recover, train, play and return to sport or activity with confidence.

## Return-to-Sport Programs

Specialized programs designed to successfully bridge athletes from physical therapy to competition following a significant injury.

## Performance Training

Class, team and private training options that address the individual needs of each athlete specific to their sport and stage of development.

## Fitness

Private and semi-private options that provide individualized training specific to each athlete's needs and goals.

## Nutrition

Work with a registered sports dietitian to address dietary concerns and develop a plan for fueling to maximize performance and support recovery.

Learn more at [TrinityEliteMi.org](https://TrinityEliteMi.org)

To learn more about  
programs, pricing and  
registration call

**734-655-8240**

THMI 957186559-202210 CD

## TrinityElite Locations:

- Chelsea • Livonia • Livonia-Schoolcraft Campus
- Pontiac • Saline • Wixom

