



PHYSICAL THERAPY

If your physical therapy needs to be done right...
Integrity Athletic Performance & Physical Therapy
is where you should be.

Specializing in:

- Orthopedic
- Neurological
- Athletic Rehabilitation

Our Out patient Physical therapy Clinic is located at
2960 N. Eastgate • Springfield, MO 65803

Conveniently located near I-44 and Hwy 65.

The clinic is located in the
southwest corner of the Integrity Building

Contact us at 417-889-9773 to schedule an appointment.

Appointments can also be made by email:
cory@integrity.appt.com

We accept ALL insurances.

We offer free screens for any injury.

Simply call us and we will get you in ASAP.



EDGE TRAINING

The Edge Programs are designed to improve overall athleticism through speed, agility, coordination, balance, strength and endurance training. Each athlete will receive personal instructions on proper technique as well as direction toward their quest for success. Speed, agility, endurance and strength testing is done monthly and Integrity Edge ratings are emailed to the athlete/parent so you can track your progress. The one hour sessions are run by a trainer/coach that provides instruction and motivation during the entire session.

Sessions include:

- Upper & Lower Body Strength Training
- Sprinting Speed
- Core Muscle Training
- Plyometrics for Jumping & Speed
- Fitness Training
- Nutrition for the Athlete
- Injury Prevention & Care
- Coordination Training



Sessions Available:

Edge III (College and Professional Athletes)

Edge II (High School Athletes)

Edge I (Middle School Athletes)

Kids in Motion (Elementary School Athletes)

Team Edge

Team sport specific training is designed to meet the physical, mental and motivational needs of your team. Coach participation is encouraged. Great for off-season and pre-season training. this training will dramatically increase your teams success and decrease injuries during your season. 10 or more players

Adult Edge

This fitness class is for people of all fitness levels that want to get into great shape. The fun and creative one hour session consists of warm-up, stretching, cardio exercises, core strength training and resisted weight training. This class will help you shed fat pounds and tone muscles, provide an opportunity for you to get into great shape, feel great about yourself and have fun doing it. The one hour sessions are run by a coach/trainer that provides instruction and motivation during the entire session.

All sessions are \$100 per month



SOCCER EDGE

The Soccer Edge Programs progresses the athlete through the fundamentals of speed, power, agility, core strength, quickness training and soccer skills training. The program pushes athletes toward their peak soccer performance. Athletes will be instructed in proper warm-ups, cool-downs and improving flexibility to properly manage chronic injuries that often occur. This comprehensive program combines physical, mental and nutritional training designed to unlock each athlete's potential. Speed, agility, and strength testing is done monthly and Integrity Edge ratings are emailed to the athlete/parent so you can track your progress. The one hour sessions are run by a coach/trainer that provides instruction and motivation during the entire session.

Sessions include:

- Finishing
- Ball Striking
- Playing the Ball in the Air
- Upper and Lower Body Strength Training
- Sprinting Speed
- Core Muscle Training
- Plyometrics for Jumping and Speed
- Fitness Training
- Nutrition for the Athlete
- Injury Prevention and Care
- Coordination Training

Sessions Available:

Soccer Edge III (College and Professional Athletes)

Soccer Edge II (High School Athletes)

Soccer Edge I (Middle School Athletes)

Soccer Kids In Motion (Elementary School Athletes)

All sessions are \$100/month : Seasonal specials offered

Welcome to Integrity Athletic Performance & Physical Therapy

Integrity Athletic Performance & Physical Therapy (IAPPT) offers athletes of every sport, age and skill level the opportunity to improve their speed, power, agility, quickness and overall conditioning. Our elite program provides the physical and mental training necessary to propel each athlete along their individual path to success.

Our mission is to craft a passion for athletic achievement that is enjoyable and attainable to all. At IAPPT we work with the mind and body to instill knowledge and confidence as well as the physical skills such as speed, strength and coordination that are essential parts of a healthy and successful athlete.



Cory Carr, PT, CWT
Owner

Cory Carr, PT, CWT, has been involved with college, high school and youth athletics in southwest Missouri since he graduated from Missouri State in 1997. He is a former Division I athlete and National High School All-American. He has coached back-to-back State Championship teams for the Springfield Soccer Club and was named Missouri Coach of the Year for 2007. He holds

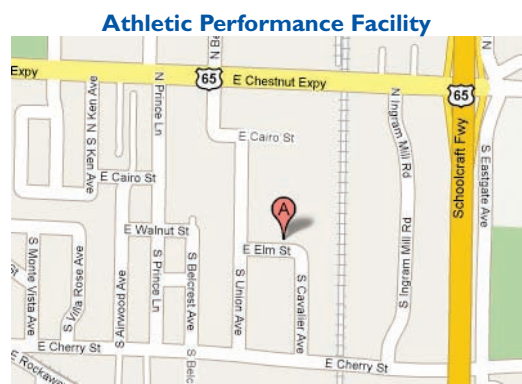
degrees in Biomedical Science and Psychology, a Masters degree in Physical Therapy and is a Certified Weight Trainer. Cory has a passion for the pursuit of knowledge and athletic success and he has a strong belief system that drives him in his own personal success. He believes that each individual has unique talents that were given to them for a purpose and it is our job to develop and use those talents in a positive way. He also believes in the power of a healthy body and soul and that both are essential to fulfilling our purpose and potential in life. As a Physical therapist he possesses unique skills that when combined with his thirst for knowledge, teaching ability and desire to help people on their quest for health, has lead to the development of The Integrity Edge – the foundation for Integrity Athletic Performance.



Integrity
Athletic Performance
& Physical Therapy

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View our Schedule & Register on line



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Expert Healing

Expert Training

Athletic Performance Facility
3105 E. Elm, Suite E • Springfield, MO

Physical Therapy Clinic
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