



Menu of Services

**Virtua Health & Wellness Center – Washington Township
239 Hurffville Cross-Keys Road
Sewell, NJ 08080**

(844) 678-7001

Bio-mechanical Assessment

Proper mechanics are instrumental in maximizing performance and reducing the risk of injury. A licensed physical therapist will complete a detailed clinical evaluation that will include a complete musculoskeletal exam and bio-mechanical movement assessment using Dartfish Motion Analysis software. At the end of the session, you will receive a summary of the results and a customized plan of corrective exercises to integrate into your daily routine. You will also receive “still frames” from the video with commentary and analysis.

Gait Assessment with Motion Analysis Using Dartfish Software - \$200

Bike Fit - \$200

Swim Analysis - Group: \$100/person - Individual: \$200

Email Video for Dartfish Analysis - \$100

This option is ideal for the busy athlete who does not have time to schedule an appointment, but wants feedback about their run, swim, or bike bio-mechanics. Please contact us for our video protocol and directions for submission.

Exercise Physiology Testing

Basal Metabolic Rate Testing with Body Composition Analysis – \$75

Determine your personal parameters such as basal caloric needs, hydration status, body fat percentage, and muscle mass.

Lactate Profile with 1 hour Consultation - \$150

The lactate profile is a measure of Lactic Acid production and clearance. This service allows us to identify your personal training zones and anaerobic threshold. Data obtained from testing allows for greater precision in creating your training program and setting specific training zones.

Lactate Profile and VO2 Max with 1 Hour Consultation - \$250

Combining lactate profile and VO2Max testing provides a comprehensive and detailed physiologic profile allows the athlete to determine specificity of training. It also helps us to understand your body's specific fuel source preferences during exercise.



Sports Nutrition: Fuel your game to the next level

Food as Fuel Seminar - \$200 (one hour)

This seminar is a one hour overview on fueling your game to the next level. Topics discussed include nutrients needed for training & performance, food & fluid intake before, during and after exercise as well as timing of meals and snacks will be discussed. No limit on group size.

Sports Nutrition Assessment - \$99

Meet with a registered dietitian for a private one hour session that will focus on how to fuel your body for optimum performance. Fueling recommendations will also include optimizing diet for maximum energy, eating for recovery, avoiding GI distress and fueling for endurance.

Sports Nutrition Coaching - \$169

Get everything in the Sports Nutrition Assessment plus two 30 minute follow up sessions. These sessions will allow the registered dietitian to fine tune your training and race day nutrition plans and make adjustments to better optimize performance.

Recovery

Sports/Deep Tissue Massage - \$90 (50 min); \$130 (80 min); \$180 (110 min)

Sports massage focuses on your body's present needs. Deep and targeted pressure is used providing immediate relief to fatigued and knotted muscles to ease the spasm cycle. Deep tissue massage also aides in the removal of stored toxins, helps your body to heal itself, increases range of motion, decreases muscle stiffness and soreness after exercise, and helps to prevent injury when received regularly enhancing athletic performance.

Reflexology - \$45 (25 min)

Reflexology is believed to restore harmony to the organ systems that are out of balance due to the physical and emotional stresses of everyday life. These stresses cause blocks in the body's energy centers or meridians, as they are known in eastern practices. This therapy can help restore the body's normal physiological functioning, reduce tension, alleviate the effects of stress, and assist in bringing greater balance to the body & mind. Reflexology can assist in the removal of lactic acid build-up in the legs and increase circulation to an injured part of the body, promoting a natural, faster recovery from injuries. Enjoy alone or add to any service.

The Athlete's Pedicure - \$60 (60 min)

This pedicure begins with a relaxing nectar milk soak to soothe tired feet. We gently exfoliate using our Farm House Fresh Citrus Grass scrub and nourish with agave oil. We gently exfoliate the callous away and finish your treatment with a hot stone massage to melt your tension away. Let us get your feet ready to cross the finish line.



Fitness Center Services

In addition to the pool, state of the art training equipment, personal training and 300+ group exercise classes, the following are also offered:

TRX Suspension Training

Build muscle, develop balance, flexibility, and CORE strength with the TRX!! It takes your body to another level of fitness incorporating all bodyweight movements. Let our certified and trained staff lead you through workouts that will work every muscle of your body and leave you knowing you have made a difference in your workout!

Yogletes

Introducing yoga into your team's fitness training is not only physically and emotionally beneficial, but it can prove to be a great team-building experience. Yogletes will work with the coaching staff to ensure each class is tailored to your specific needs. It is our aim for each practice to be focused on the sports-specific, over-worked muscles to ensure maximum effectiveness for your cross-training.

Call for group pricing!

Sport Psychology: Winning Triathlon's Mental Game

Sport Psychology Session - \$150 (one hour)

Success in triathlon requires more than just training physically for a strong swim, bike, and run. No matter how you define it, success demands mental toughness. Mental strength helps triathletes persevere when the inevitable feelings of doubt creep in or when motivation begins to sag. Learning effective mental strategies also helps a triathlete set meaningful goals, overcome exertion pain, and feel empowered by competitive challenges. New triathletes as well as experienced racers benefit from racing with a clear head and solid mental game plan.

Biofeedback for Triathletes - \$100 (one hour)

Biofeedback training is a proven method to optimize physical and mental wellness, manage stress and enhance overall well-being. Receiving direct feedback about breathing patterns, muscle tension and cardiac activity will prepare your body and mind to meet the intense demands of training and racing. Whether you are new to the sport or an experienced racer, you will benefit from learning self-directed techniques to increase endurance, improve focus, reduce anxiety and sustain energy. For more information and a demonstration go to www.greenepsych.com.

Sport Psychology Webinar - \$250 (for 6 sessions)

Triathletes can learn from the comfort of their own home how to improve their mental game so they can perform with more confidence, grit, and satisfaction. Each webinar session will cover a different mental strategy to help athletes maximize training and prepare for race day. These sessions are a great way for triathletes to ensure that they aren't ignoring the mental side of the sport. In turn, they will feel even more confident and prepared for race day.

Medical Care: If injuries do occur, get the highest quality of care with our team of specially trained clinicians

Below services are covered by traditional health insurance plans

Dr. Brad Bernardini

Brad Bernardini, MD, is the Founder & Director of the USAT Certified Performance Center. He also serves as Medical Director for Virtua's Centers for HealthFitness and Virtua Sports Medicine. He is double board certified in Orthopedic Surgery and Orthopedic Sports Medicine. He earned his medical degree from Rush University Medical College in Chicago, completed his residency at the University of Connecticut and a fellowship in Sports Medicine at Taos Orthopaedic Institute in New Mexico. Dr. Bernardini specializes in arthroscopic shoulder and knee surgery in both adults and children. He has been honored as an Associate Master Instructor by the Arthroscopy Association of North America. In addition, Dr. Bernardini serves as member of the US Ski & Snowboard Team Physician Pool Program and is a USA Triathlon Certified Level 1 Coach. Dr. Brad remains active as a competitive triathlete and is a National Age Group Championships qualifier and 3 time Ironman Finisher.

Virtua in Motion Physical Therapy & Rehabilitation

Virtua in Motion Physical Therapy and Rehabilitation physical therapists specialize in treating the multi-sport athlete. The Physical Therapy staff develops individualized treatment plans and works closely with the patient's physician to ensure every aspect of medical history is considered during recovery. They use advanced techniques and state-of-the-art rehabilitation equipment to return patients to normal activity as quickly as possible.

In addition to traditional physical therapy, other services include:

- o ART – Active Release Technique
- o Instrument Assisted Soft-Tissue Mobilization

Virtua Urgent Care

When children and adults are too sick to wait for an appointment but too well to go to the emergency room, they can visit the Virtua Express Urgent Care for prompt, outstanding medical care for minor illnesses and injuries. This also serves as an alternative to sending the sports related injury to the ER as specialized physicians can diagnose and treat patients with common sport related injuries, including x-ray and splint as needed. Sports physicals are also offered for the athlete's convenience.

For more information or to schedule an appointment, call (844) 678-7001

