



TRAINING  
**HAUS**

# **HIGH PERFORMANCE REHABILITATION**

[TrainingHAUS.com](https://TrainingHAUS.com)

Training HAUS High Performance Rehabilitation is a fully-customized physical therapy, athletic training and sports performance program built for athletes recovering from surgery. Our program combines traditional, insurance-based therapy with Training HAUS cash-based services, helping athletes return to sport with a decreased risk of re-injury and an increased level of athleticism.

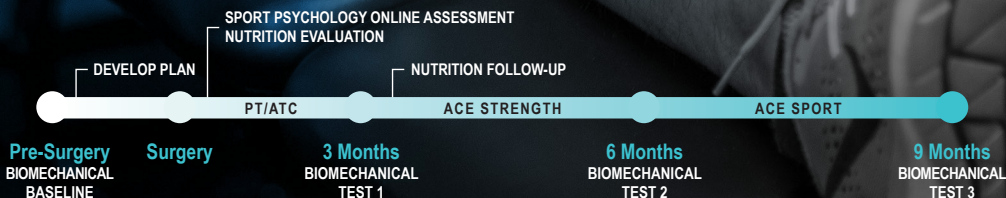
## WHY HIGH PERFORMANCE REHAB?

Due to commercial insurance limitations, we estimate that traditional therapy alone provides less than 15% of the hands-on treatment time that would be seen in a typical Division I or professional setting. For example, while traditional PT protocols regarding ACL recovery average 26.25 hours (35 visits x an average of 45min/visit), we base the High Performance Rehab program off of college and pro protocols that typically average over 200 hours.

**TRADITIONAL PT**  
27 HOURS



**D1 COLLEGE & PRO PT**  
200+ HOURS



*Additional access to: Sports Chiropractic, Sports Massage, Pilates, Sport Psychology and Sports Acupuncture  
\* The above graphic shows the recommended timeline for recovering from ACL surgery*

## COST

Cost of program is estimated to be \$500 per month for the first 4 – 6 months. Any excess dollars remaining in the athlete's account following return to play will be credited toward additional sports performance training or back to athlete's card on file.

## LOCATION

Training HAUS | Viking Lakes  
2645 Vikings Circle, Suite 200 | Eagan, MN 55121

## CONTACT & SCHEDULING

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