

[Struggling to meet your athletic performance goals? Want to know how you shape up against your age group?](#)

Free 3-Minute Assessment Reveals:

How Do You Stack up? Get the Top 3 Ways to Measure Your Athletic Performance and Potential:



Even if you work out regularly, you might not be as fit as you think you are.

That's because most of us take an ad-hoc approach to fitness – jumping from workout to workout, fad to fad, without following a structured, evidence-based program.

Is YOUR workout making a difference? Find out with this 3-minute exercise:

[Yes! Send Me My Free Assessment!](#)

What Our Clients Say About Working With MoveMend:

"The biggest advantage of coming to MoveMend for me was the specificity of diagnosis and treatment, and the fact that they specialize in sports, and climbing in particular. The diagnosis and advice were very precise and targeted. Hence the improvement followed. I really liked that I was given a program for recovery and did not have to drive there every day. My elbow is much better now, and in shorter time than it might have been with a more generic, less targeted approach. Highly recommend!"



- Rafael H.

"Movemend is fantastic! I damaged my radial nerve after breaking my arm and had no function below my elbow. They got me back to being able to use my hand and fingers at 100% again! They also worked with me on rebuilding strength in my arm, elbow, and hand. MoveMend is super responsive, listens to your needs, and creates tailored solutions for recovery. I highly recommend MoveMend! Thanks, guys!"



-Sarah B.

Inside This Free Guide You'll Learn...

- The top ways our Strength & Conditioning Coaches use to measure baseline athletic performance.
- How you stack up against others in a similar age group and fitness level.
- PLUS our advice for what to do next if you're not reaching your goals.

Get instant access to this easy-to-use performance tool, created by Doctors
of Physical Therapy & certified Strength and Conditioning Coaches:

Yes! Send Me My Free Assessment!

For Appointments and Questions Call (206) 641-7733