



Summertime for students is upon us!

Summer break is here for college students! That may also mean valuable time away from rehabilitation for those with injuries.

One of the great benefits of Athletic Training services for athletes is the continuity and consistency of care.

Peak Performance Physical Therapy - Sports Training is conveniently located with easy access off the East Rochester Exit on 490. If you have athletes that will be in need of care while away from school we would be happy to help you maintain that continuity in care.

Our staff has considerable experience working with both post-operative and non-operative conditions as well as working with athletes from all sports with a mutual goal of returning every athlete back to their Peak Performance.