

*"Follow a unique
program tailored to
your needs and
lifestyle."*

MOVEMENT PERFORMANCE PROGRAM

SCAN ME



CONTACT US



Phone: 301-588-3929

Fax: 301-588-3964



www.arso-rehab.com



12200 Tech Rd. Suite 120 Silver
Spring, MD 20904

OUR MISSION

Regardless of age and fitness level, the movement performance program will evaluate, refine and optimize bio-mechanical processes to empower individuals to achieve physical and mental goals beyond expectations.

Duration of the Program

The program will last 6-8 weeks, with 2-3 visits per week. The program consists of 5 phases and will be customized to each patients' goals.

Who will benefit from this program?

The movement performance program uses the most advanced methods to evaluate an individual's biomechanical processes and uses research-based methods to create individualized exercise programs to help clients achieve their health and fitness goals. The program is run by professionals who hold the highest degrees and certifications and have extensive professional experience in the field of physical fitness.

Benefits of the Program

- Progress and maintain overall health
- Improve movement efficiency throughout daily life
- Achieve fitness related goals
- Injury prevention
- Enhance mind-body awareness
- Prevent debilitating diseases

"We help people achieve and surpass their health and fitness goals".



Can you relate?

- You feel that you have not fully recovered from Physical therapy
- You are seeking to progress in your overall health
- You want an individualized and effective exercise program
- You're struggling to stick to a physically active regimen
- You are a Fitness Enthusiast who feels that you have plateaued

Strength Pyramid

