



Impact Sports Performance is powered by UBMD Orthopaedics and Sports Medicine. Based on our model Impact Sports Performance is the extension and next step for return to play and performance training.

BRIDGE which stands for “**B**ecoming **R**eady for **I**mposed **D**emands of **G**ame **E**nvironment”. Bridge is the solution we are providing to our discharged post-operative patients with a safe but highly progressive program designed to optimize function for return to sport, work and active lifestyles. We set out to create a program to “bridge” the time gap often 12 weeks between discharge from rehab and return to full activity.

The BRIDGE program is designed to be this extension of care. The BRIDGE program goes beyond the restorative phase of physical therapy to ensure the crucial physical benchmarks will be met to prevent injury and optimize performance. With all that being said, the individualized program is specifically designed to prepare all patients for their own specific needs of the sport or task they are returning to.

How to get started! Step 1:

If the patient is over the age of 18, please scan the QR code below to fill out a waiver and an Impact Coach will reach out to you.



Or

If the patient is under the age of 18, please have the legal parent or guardian scan the QR code to fill out the waiver and an Impact Coach will reach out to the parent/guardian.



Step 2:

Choose which package best suits you. Please keep in mind, we strongly recommend 12 weeks of the Bridge program before transitioning to our Strength and Conditioning Program.

***The bigger the package, the lower the cost is per session.**

\$599 for 24 Semi-Private Sessions (2x a week for 12 weeks) *Expires after 18 weeks

\$225 for 8 Semi-Private Sessions (2x a week for 4 weeks) *Expires after 6 weeks

\$30 for 1 Semi-Private Session (Pay as you go for 12 weeks) *Expires after 2 weeks

Step 3:

Download our app “Impact Next Level” before the onboard process. We will create a log in for you and provide it to you for the onboard call.

Feel free to reach out with any questions to Kevin Phengthavone via email at kphength@buffalo.edu or by phone at 716-327-0990.