

BRIDGE PROGRAM



Many young athletes are unprepared to fully participate in sports without risk of injury. Whether an athlete has decreased strength following an injury, has had surgery, or just lacks optimal strength and coordination, the Washington University and St. Louis Children's Hospital Young Athlete Center Bridge Program is designed to "bridge" the gap between where a young athlete currently is, and where they want to be.

The Bridge Program is a group exercise session for young athletes who are 12-18 years of age. Exercises will be based on the current evidence to reduce injury risk. These will include:

- Balance
- Core strengthening
- Lower extremity strengthening
- Neuromuscular coordination
- Proper alignment

Sessions will be facilitated by licensed athletic trainers and physical therapists. Performance of all exercises will be supervised by medical providers with the ratio of participants to providers not exceeding one to four. Appropriate exercise attire is required including athletic shoes and shorts or sweats.

The Bridge Program is not meant to replace formal physical therapy. However, it may supplement what is being done in an individual program and may also provide some necessary additional strength training between physical therapy and returning to sports. **All participants must be cleared to participate in strenuous exercise, including running and jumping.**

This type of exercise program may meet the requirements of Flexible Healthcare Spending Accounts. Please check with your individual plan regarding eligibility.

Program Details

Ages: 12-18 years old

Dates: Tuesday and Thursday evenings

Time: 6:30 p.m. - 7:30 p.m.

Cost: \$25/session* (per child)

Location:

St. Louis Children's Hospital
Specialty Care Center
13001 North Outer Forty Road, Suite 350
Town and Country, MO 63017

How Do I Register?

Registration is required to participate in the Bridge Program.

Register online at:

StLouisChildrens.org/BridgeClass

**Participants may attend an unlimited number of sessions. Sessions are scheduled on a first-come, first-served basis, with a limit of 8 participants per session.*

Young Athlete Center

