



The SMHC Sports Performance Centers in Saco and Sanford are state of the art facilities offering outpatient physical therapy, performance training for athletic development and additional athletically driven services. The SPC performance experience is designed for You or your athlete to maximize potential in a challenging family feel environment delivered by a highly educated staff.

The SPC experience includes an initial assessment where all of your questions are answered. This includes a discussion surrounding past injury history, a joint by joint orthopedic scan, functional movement assessment and introduction to the training environment. A custom program is then designed specifically for you and delivered in a small group setting. Each session is limited to 4-6 people all working with an individualized plan. This is not a workout of the day facility, but a customizable product designed for you and your goals!

FEE STRUCTURE:

Initial Evaluation:

\$50 – one-time fee

Small Group Training:

\$20/ visit

Prepay Package:

\$100 for 6 sessions (includes 1 free session)

SPC LOCATIONS

SMHC Sports Performance Center Saco

12 Thornton Avenue

Saco, ME 04072

207-294-8448

SMHC Sports Performance Center Sanford

1 Emile Levasseur Drive

Sanford, ME 04073

207-490-7700

SMHC.ORG/SPC

