



Sports and Human Performance Center

WHAT MOVES YOU. MOVES US.

Getting started

Group tour | Free
New client consult | \$250

Elite care packages

New client SILVER care package | \$2,375
Established client SILVER care package | \$1,575
GOLD care package | 2 options | \$3,375

Pay-as-you-go visits

Routine lab/medication review | \$150
Client consultation | \$250
Client intake | \$450
5 sessions (up to 3 hours) of care over 12 months | \$1,000
Functional medicine testing | Varies based on test

Sports injury & ortho services

Ortho or injury focused session | \$150
Add-on x-ray | \$50
Dry needling | \$100
Shockwave therapy | \$200
Three sessions of shockwave therapy | \$550
Joint injection +/- ultrasound guided | \$150
Add-on joint & soft tissue injection/aspiration | \$50
Three sessions prolotherapy | \$450
Platelet rich plasma (PRP) injection | \$800
Trigger point therapy | \$100
Musculoskeletal sports ultrasound | \$150

Performance optimization

Body composition analysis | \$125
PNOE metabolic analysis/VO2 max | \$200 ea; \$300 both
Sweat testing | \$200
Gait analysis | \$275
Genetic counseling | \$450
Cardiovascular assessment | \$50
Athlete specific lab panel and review | Pending
Boost/Lever Treadmill Training | Pending

Performance recovery

Normatec compression | \$40
Cold plunge tub | \$40
Infrared sauna | \$40
3 sessions of choice | \$100
12 sessions of choice | \$375

Strength & conditioning

Individual session, 60 minutes | \$145
6 sessions | \$780
12 sessions | \$1,530
18 sessions | \$2,270
1 session, 2 people | \$85
1 session, 3-6 people | \$65
Fascial stretch therapy | \$155; \$550 for 4

Health & nutrition

Nutrition assessment | \$150
Nutrition follow-up | \$100
Personal meal plan | \$75

Nutrient therapy

IV therapy | \$155; \$550 for 4
Nutrient injections | \$25; \$180 for 8
Add-ons available for additional cost | Varies

Group health classes

Group class on current health topics | \$30
Custom group class on topic of choice | Inquire
Group swim clinic | Pending

Biote hormone therapy

Initial consult and labs | \$200
Female pellet insertion | \$350
Male pellet insertion | \$700