

SPORTS PERFORMANCE PROGRAM

Package Details

1 Month	\$239.00
3 Months	\$199.00/Month
6 Months	\$159.00/Month
Risk Assessment Fee	\$40.00

Cost Includes:

- Up to 4 sessions per week with every package option
- Initial evaluation and re-evaluation appointments included in cost
- Cost is billed monthly for the agreement duration

Meet The Team



Michael Ballback, CSCS earned a Bachelor's of Science in Kinesiology and Health Promotions from the University of Kentucky. He is certified through the National Strength and Conditioning Association (NSCA) as a Strength and Conditioning Specialist (CSCS). Michael is currently the Director of Sports Performance at KORT's Old Brownsboro Crossing location. He previously worked in multiple settings in the rehab and fitness industries, including previously partnering in his own company. Michael's interest outside of work include golf, softball, fishing and anything Kentucky sports related.



Jay Barnett, CSCS graduated with a Bachelor's degree in Human Health and Performance from the University of Louisville. He is the Associate Director of Sports Performance at KORT. Jay is certified by the National Strength and Conditioning Association (NSCA) as a Strength and Conditioning Specialist (CSCS) since 2013. He is currently in the Physical Therapy Assistant (PTA) program at Jefferson Community & Technical College. His interests outside of work include Olympic weight lifting, golf and spending time with his daughter.



Josh Bixler, PT, DPT, OCS graduated with his Doctorate in Physical Therapy from Bellarmine University in 2011, and also has a BS in Exercise Science from the University of Indianapolis. He has completed an APTA accredited orthopedic residency program, is a board-certified Orthopedic Clinical Specialist, utilizes dry needling, and is trained in using both the Selective Functional Movement Assessment (SFMA) and Functional Movement Screen (FMS). Josh has developed KORT's return to sport "Bridge Program" and has a vested interest in injury prevention. Outside of the clinic, Josh also serves as adjunct faculty for Bellarmine University's Doctor of Physical Therapy program and personal interests include weight lifting, research, and golf.

800-645-KORT



www.KORT.com