

# Sport-Specific Training Programs

Sports Medicine and Fitness & Sports Performance





#### St. Luke's Fitness & Sports Performance Center – West End

St. Luke's West End Medical Center 501 Cetronia Road Allentown 484-426-2540

Monday – Thursday: 5 am – 10 pm

Friday: 5 am – 8 pm

Saturday & Sunday: 7 am – 4 pm

#### St. Luke's Fitness & Sports Performance Center – Bethlehem

77 S. Commerce Way Bethlehem 484-526-3177 (child sitting services available)

Monday-Thursday: 5:30 am - 10 pm Friday: 5:30 am - 9 pm Saturday & Sunday: 7 am - 4 pm



www.sluhn.org/getfit

## Tactical Fitness, Strength and Conditioning Now Only \$30 per month for military and first responders!

For police, fire/rescue, EMS, military personnel and other tactical first responders. Performance training is designed to deliver a premier level of conditioning to those who serve and protect our communities and country.

- Combines the latest scientific research, practical training methods and field experience to decrease injury risk
- Increases performance levels in strength, power, speed, agility, metabolic fitness.
- Developed through collaboration, research and practical application with the tactical occupation community.



Over the last twenty years scientific research has confirmed tactical occupations are the most physically demanding and dangerous in the world. The work-related demands of tactical occupations places individuals at an elevated risk for cardiovascular events, injuries and work related illnesses including:



- muscular injuries
- joint and connective tissue integrity
- tendonitis
- nerve compression
- other related conditions

Such injuries can significantly damage physical functioning and impede overall occupational abilities.

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#### **Locations, Hours & Contact Information**

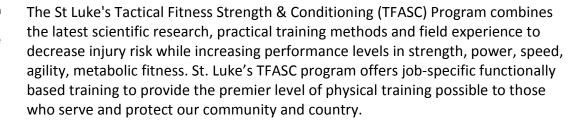
#### St. Luke's Fitness & Sports Performance Center – Easton

St. Luke's Anderson Campus 1700 St. Luke's Boulevard Easton 484-503-0100 (child sitting services available)

Monday - Thursday: 5:30 am - 10 pm Friday: 5:30 am - 9 pm Saturday: 7 am - 4 pm Sunday: 9 am - 4 pm

#### St. Luke's Fitness & Sports Performance Center – Warren

St. Luke's Hillcrest Plaza 755 Memorial Parkway, #D-21A Phillipsburg, NJ 908-859-8833



Tactical work-related injuries can promote increased vulnerability to collective trauma ailments or musculoskeletal syndromes particularly in the upper extremities such as the shoulder and back regions. These injuries are largely a consequence of lifting, holding, carrying and operating equipment, as well as lifting, carrying, controlling or subduing another person. The recurring attribute of many tactical occupations' responsibilities, the level of energy needed, the awkward posture in which many tasks are performed and exposure to equipment and people exacerbates the risk of musculoskeletal overuse and consequent deterioration. Unfortunately, the physical makeup of tactical occupations has a propensity to lengthen the recuperation time from an injury.



St. Luke's Sports Performance features college-degreed, skilled coaches who are Certified Strength and Conditioning Specialists (CSCS). These coaches use their knowledge base to provide a comprehensive analysis of the individual's performance level. Training protocols are specially designed to help develop the individual's overall tactical fitness and strength, and retrain the nervous system and neural pathways to respond with greater speed and precision.

A comprehensive TFASC program includes a focused emphasis on metabolic fitness, muscular power, strength and endurance, dynamic flexibility, agility, core strength and body composition.

### **About St. Luke's Fitness & Sports Performance Centers**

St. Luke's Fitness & Sports Performance Centers offer a supportive fitness environment that is exclusive to our facilities.

Members are eligible for a complimentary computerized fitness assessment and an individualized workout program that is specifically tailored to your needs and fitness goals. We are the **ONLY** fitness centers in the region to offer this!



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