

Bridge the Gap Between Recovery and Game Play

A COLLABORATION BETWEEN:



BEACON Orthopaedics &
Sports Medicine

Beacon Orthopaedics & Sports Medicine is proud to collaborate with PowerAthlete, who will offer post-therapy programming designed to transition athletes from injury recovery to getting back in the game.

Qualifying Participants have completed formal physical therapy, received clearance by their physical therapist & physician to advance into the Beacon & PowerAthlete Bridge Program.

Physical Therapy focuses on basic medical necessity for patients to re-gain function of their body post treatment or surgery.

The Bridge Program focuses on using functional analysis to determine the best exercises that will return athletes to their advanced performance levels.

PROGRAM LOCATION:

PowerAthlete -144 Westpark Road
Centerville, OH 45459

CONTACT INFORMATION:

Paul Manfre, Owner PowerAthlete
Email: PRMANFRE@gmail.com Phone: 937-414-0362

Learn more about Beacon Orthopaedics at: www.BeaconOrtho.com
Learn more about PowerAthlete at: www.PowerAthlete.net

Comprehensive Training via Experienced Coaches



Paul Manfre
Owner of PowerAthlete

Paul Manfre CSCS NASM-CES NSCA-CPT i360, started his strength and conditioning career 25 years ago after experiencing a serious motorcycle accident during his freshman year of college.

He was a competitive track and field athlete at that time who had to work hard in recovery to get back to his passion. It was his experience with physical therapists, athletic trainers and strength coaches that inspired him to start his own strength and conditioning business, PowerAthlete in Centerville, Ohio.

At PowerAthlete, Paul works with athletes ranging from youth to professional levels, individually and as teams. PowerAthlete is excited to collaborate with Beacon Orthopaedics to help get athletes back in the game, SAFE, STRONG and FAST!

Kayla O's Recovery Testimony

"Two and a half months after my ACL and LCL surgery, I went into PowerAthlete to help me strengthen my right leg and core. In addition to improving my physical strength, Paul mentored me in proper nutrition and its importance throughout the rehabilitation process. As I progressed and reached accomplishments in physical therapy, PowerAthlete adjusted my program accordingly. The environment is serious and headstrong, but we all have fun and laugh. Paul is great and really cares about each individual and their skill level. I have become so much stronger and have learned how to properly treat my body for the rest of my life. PowerAthlete is a place of motivation. It taught me to be disciplined, and I have Paul and his staff to thank for that discipline."

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