



# \*PT | Misc | Sports Performance Enhancement | (“Free” Removed)

## Email #1

**Subject:** Only open if you want to improve your game...

**Body:**

Hi [Contact.FirstName],

What do athletes, weekend warriors, and active adults all have in common?

They love their sport, they're dedicated to improving... and they all get injured.

Anyone who participates in a fitness activity has, at some point, experienced a setback, limitation, or injury. From soreness during recovery to major injuries, lack of progress, pain management, and recovery, these are all integral parts of sports.

Thankfully here at [Contact.PracticeName] we're trained in supporting sports activities at any age or experience level. The earlier our team of licensed physical therapists can identify any potential imbalances in the body, the sooner we can help you recover and prevent future injuries.

Here are **7 ways physical therapy can enhance your game:**

- Relieve pain and decrease recovery time
- Improve your range of motion with stretching, tension-relieving treatments, and cross-training programs
- Decrease the need for painkillers, medications, injections, or other invasive and expensive alternatives
- Create a personal plan of care for optimal wellness
- Correct any imbalances in the body that put stress on the muscular, skeletal, or nervous systems
- Advise on any lifestyle changes, such as sleep or diet, in order to help relieve pain, reduce inflammation, and support overall wellness
- Use state-of-the-art technology alongside traditional, natural healing to ensure any issue is treated directly at the source (not just covering symptoms)

Want to learn more? Sign up for a consultation or call us at [Practice.Phone] for more information. That way, we can discuss the specific issues you are having one-on-one.

[Click/tap here to get started.](#)

My best,  
[PracticeOwner.FullName]  
[Contact.PracticeName]  
[Practice.Phone]

[Practice\_Address]

## Email #2, sent 2 days after email 1

**Subject:** [Contact.FirstName], reach your goals no matter what sport you play

**Body:** Hi [Contact.FirstName],

Did you know the NFL, MLB, and other professional sports leagues use physical therapists to treat their athletes? They're on the sidelines, ready to help as soon as possible and often preventing injuries ahead of time.

Your favorite pitchers, linebackers, dancers, and Olympians utilize heat therapy, stretching, massage, athletic taping, laser therapy, cross-training exercise programs, and other non-invasive techniques to reduce pain and achieve their goals.

You do not have to be a professional to enjoy all the ways physical therapy will improve your athletic performance.

[Click/tap to sign up for a consultation >>>](#)

Skilled physical therapists like our team at [Contact.PracticeName] can significantly help:

- Pickup basketball players,
- Triathletes,
- Marathon runners,
- Horseback riders,
- Cyclists,
- Pickleball enthusiasts,
- Crossfitters,
- Weight lifters,
- Dancers,
- Youth league or high school athletes,
- And more...

If the musculoskeletal system is enduring any kind of stress, we'll find the root cause and treat your body at the source of the issue.

Here are some of the top ways physical therapy helps athletes at every level:

- Relieve pain and decrease recovery time
- Re-balance the body through cross-training to prevent injuries and pain years from now
- Improve your range of motion
- Decrease (and often eliminate) the need for painkillers or injections
- Create a personal plan of care for optimal wellness all year

If you want to learn what you need specifically for your own sports performance enhancement, click below or call [Practice.Phone] for a consultation.

[Click/tap to sign up now >>>](#)

Best,  
[PracticeOwner.FullName]  
[Contact.PracticeName]  
[Practice.Phone]  
[Practice\_Address]

## Email #3, sent 3 days after email 2

**Subject:** Don't wait for an injury, [Contact.FirstName]

**Body:** [Contact.FirstName],

I get it. When you're playing your favorite sports and feeling healthy, you're probably not thinking about medical treatment. You're focused on that next golf swing, your upcoming race, your state championship, or how many points your team can make next weekend.

You're having fun.

I'm here to tell you preventative care is so important to sports medicine. If you wait for the pain to hit, you might miss out on more than that next race. When an injury creeps up on you unexpectedly, you'll lose out on what might be your favorite part of your week... for a *while*. I don't want that, and I'm pretty sure you don't either.

That's why I'm dedicated to a holistic approach to wellness. In addition to pain management, physical therapy can help with:

- Improving musculoskeletal balance and cross-training for peak fitness potential
- Increasing your range of motion
- Finding any imbalances that could cause injuries in the future (and correcting them ahead of time)
- Increasing blood flow to areas with tension or inflammation
- Reducing high levels of lactic acid in overworked muscles (i.e. getting the "knots" out)
- Advising any lifestyle changes that can also improve performance

Whether you're dealing with pain or limitations now, or you want to increase your chances of avoiding them in the future, I'm here to help. Simply click below or call [Practice.Phone] for a wellness consultation right here at [Contact.PracticeName].

[Click/tap to sign up now >>>](#)

Let's get you started on the road to improving your game... and having more fun!

To your health,  
[PracticeOwner.FullName]  
[Contact.PracticeName]  
[Practice.Phone]  
[Practice\_Address]

