

TrinityElite Services



Physical Therapy

Rehabilitate injuries in a sport setting appropriate for all ages. Work with our sports-specialized clinicians to recover, train, play and return to sport or activity with confidence.

Return-to-Sport Programs

Specialized programs designed to successfully bridge athletes from physical therapy to competition following a significant injury.

Performance Training

Class, team and private training options that address the individual needs of each athlete specific to their sport and stage of development.

Fitness

Private and semi-private options that provide individualized training specific to each athlete's needs and goals.

Nutrition

Work with a registered sports dietitian to address dietary concerns and develop a plan for fueling to maximize performance and support recovery.



To learn more about programs, pricing and registration call

734-655-8240

TrinityElite™ Locations:

Chelsea • Livonia • Livonia-Schoolcraft Campus • Saline

Check us out on Facebook and Instagram @trinityelitesp

THMIW09462-2506-CD

Learn more at TrinityEliteMi.org

