CORE1INC

RECOVER. REBUILD. PERFORM.

PHYSICAL THERAPY + SPORTS PERFORMANCE

READY CHANGES EVERYTHING.

A connected approach to recovery, training, and the demands of sport.

ONE TEAM. ONE PLAN.

Core1 brings physical therapy and sports performance together in Downers Grove. We help athletes recover with purpose, develop their physical abilities, and prepare for what comes next.

01

PHYSICAL THERAPY

Rehab the injury.
Keep building the athlete.

Sports training is included for athletes receiving physical therapy.

While we rehabilitate the injured area, athletes train safely around it, building strength and maintaining conditioning as recovery allows.

Orthopedic & post-surgical rehabilitation
ACL rehabilitation
Return-to-sport preparation & testing

02

SPORTS PERFORMANCE

Build the athlete. Prepare for sport.

Purposeful coaching and progressive training built around the athlete's age, sport, abilities, and goals.

- Strength, speed, power, and movement
- Individual athlete and team training
- A free training trial to get started

TWO STARTING POINTS. ONE CONNECTED APPROACH.

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THE CORE1 APPROACH

CLEARED ISN'T READY.

The next step should be guided by progress and the demands ahead.

RECOVER. REBUILD. PERFORM.

Recovery and training happen together, with your physical therapist and performance coach coordinating one plan.

01

RECOVER

Understand the injury, restore movement, and establish the next step.

02

REBUILD

Develop strength, control, capacity, and confidence through progression.

03

PERFORM

Prepare for the speed, movement, and demands of practice and competition.

FIND YOUR STARTING POINT.

I need physical therapy.
Contact Core1 to arrange an evaluation and discuss the next step.

I want to train.
Request a free training trial. We'll help you find the right training option.

I'm referring a patient.
Call or fax our team to coordinate a physical therapy referral.

LET'S BUILD YOUR NEXT STEP.

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SCAN TO CONNECT