

SCORING DETAILS

What's Your Score?

Athletic Movement & Performance is both an individualized and competitive score. For an individual, scores can compare prior to and after going through a training program, before and after growth spurts, after returning from injury, or after making other modifications to sport or training returning. Athletes are also measured versus other athletes from the same age bracket to help identify pure athletic ability, strength, power, endurance, and efficiency of movement.

Call today to receive your baseline measurements and rating for:

- Vertical Jump
- 20 Meter Sprint
- 3 Cone Drill
- Beep Testing
- Rep Maximums on Squat and Press
- ... and Much More



CONTACT US

AMPScore Measurements are available at our Burnsville, Eden Prairie and Maple Grove locations. Call to inquire or set up an appointment.

Burnsville Physical Therapy

Twin Cities Orthopedics Burnsville
1000 W 140th St, #201
Burnsville, MN 55337
(952) 808-3052

Eden Prairie Physical Therapy

Twin Cities Orthopedics Eden Prairie
12982 Valley View Rd
Eden Prairie, MN 55344
(952) 456-7472

Maple Grove Physical Therapy

Twin Cities Orthopedics Maple Grove
9630 Grove Circle N, #200
Maple Grove, MN 55369
(763) 302-2313

For more information,
E: SpecialtyPrograms@TCOmn.com
P: (952) 512-5647
W: TCOmn.com/SpecialtyPrograms



AMPScore PROGRAM



AMP SCORE

ATHLETIC MOVEMENT AND PERFORMANCE

TCOmn.com



AMPScore DEFINED

OPTIMIZE

AMPScore Theory

AMPScore stands for Athletic Movement & Performance Score. It is a 0-100 score rating that helps to identify the qualities and potential areas of weakness in any athlete. Whether you are a youth athlete or an elite Pro, there is value in knowing your AMPScore!

Athletes will receive a score ranging from 1 to 10 on each of the tests performed. With 10 tests in play, the maximum score is 100 points.

What's your AMPScore?

Scoring is equated to age and gender. The goal of the score is to provide a baseline or to measure improvement for any athlete. Providing objective feedback using scientific and research based measures is the ultimate goal and focus of AMPScore.

What's your AMPScore? Find out by working with our Strength Coaches, Athletic Trainers, and Therapists at Twin Cities Orthopedics.

AMPScore Baseline Measurement:

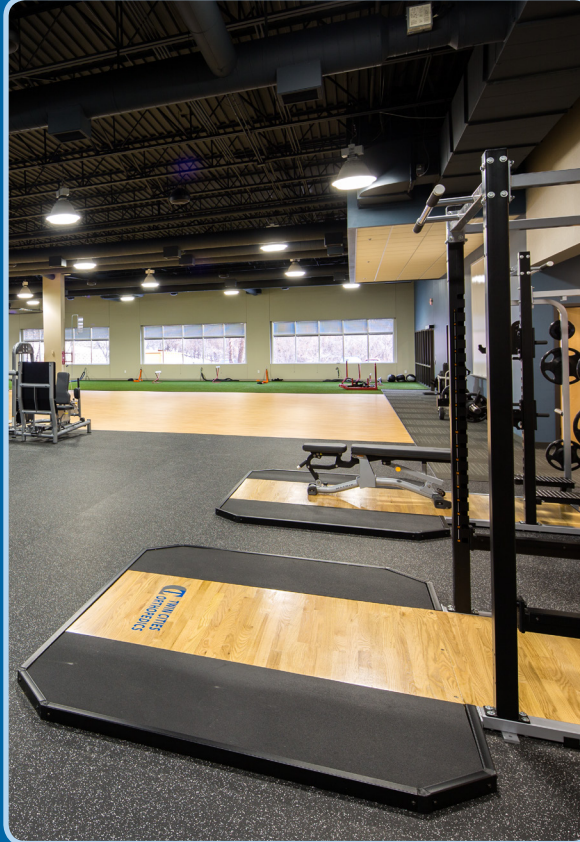
Baseline Measurement - \$25

AMPScore Basic Program:

8 weeks - \$250 (1 session per week)

AMPScore Elite Program:

8 weeks - \$400 (2 sessions per week)



Think of AMPScore a bit like gauges on the dashboard of your automobile. Without those gauges, we only have an idea of our speed, fuel remaining, and temperature.

AMPScore will provide the objective data that gauges your athleticism. You'll be able to ZERO in on your athletic performance for any sport!

"We developed AMPScore at Twin Cities Orthopedics as a direct answer to the burnout we see with early specialization of youth sports. Mounting levels of research exist that demonstrate the negative effects of kids focusing too hard on individual sports at young ages. Many young athletes will ultimately burnout or become injured with excessive early specialization. AMPScore brings the fun back into being an overall athlete and allows athletes of all ages and levels to measure improvement and see success."

- Chris Bailey, PT, DPT

