

Hanging Analysis

Hanging Boot Camp

Hanging Analysis and Personalized Home Program

Assessment of Hanging Position from multiple angles	✓	✓ Basic Analysis Included!	✓
Feedback on alignment and any possible limitations	✓	✓ Basic Analysis Included!	✓
One-on-One session with Dr. Emily Scherb, PT			✓
Evaluation of Limitations			✓ assessed during one-on-one session
Personalized Home Program			✓ Created and reviewed during one-on-one
Online Course with groups of exercises to address four aspects of the body's position in hanging		✓	
Exercise program to enhance awareness of shoulder position		✓	Included as needed
Exercise program to increase shoulder range of motion		✓	Included as needed
Exercise program to improve rotator cuff strength and stability with an emphasis on overhead positioning		✓	Included as needed
Exercise program to improve shoulder and trunk stability at end range of motion		✓	Included as needed
Video review of exercise performance		✓	
Feedback on exercise performance		✓	✓ Feedback given live during one on one session
Group discussion forum to post questions and get group feedback about common errors with each group of exercises		✓	
Discount on a follow up one-on-one session	✓	✓	✓
Price	\$45	\$180	\$195

Upsell	\$95 to add course after?	15% discount on a first online visit	15% off Follow up appointment
Discount Emailed for inversion boot camp	20% off when launched	20% off pre-sale	
Discount for anatomy courses	\$20 off pre-sale	\$20 off pre-sale	