

PHC is a new company located inside St. Louis Baseball and Fastpitch Academy.

We would like to let you know a little more about what we offer! PHC is a full service Chiropractic and Physical Rehabilitation office. We offer treatment for various conditions for the elite athlete, weekend warrior, also parents and grandparents in the stands!



**Did you know that we
treat....**

Headaches	Tennis Elbow
Neck Pain	Disc Herniations
Whiplash	Low back Pain
TMJ	During Pregnancy
Rotator Cuff	Pelvic Pain
Shoulder Pain	Hip Pain
Carpal Tunnel Syndrome	Hamstring Strains
Sciatica	Knee Pain
Shin Splints	Ankle Sprains
IT Band	Plantar Faciitis
Spinal Stenosis	Sports Injuries
Fibromyalgia	

and many more!

314.531.8882
www.performanceSTL.com

PHC offers team and individual performance training that includes body composition analysis, functional movement screens, as well as nutritional consultation.

PHC also offers weight loss programs, and carries supplements from Ideal Protein, Anabolic Labs, as well as Bio-Freeze



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