



THE ATHLETICS CENTRE  
AT THE TRENT COMMUNITY SPORT & RECREATION CENTRE

## Centre for Health Excellence

***Health Promotion • Injury Prevention,  
Treatment & Rehabilitation • Orthopaedic Medicine***



**trent health in motion**  
Enhancing HEALTH... Optimizing PERFORMANCE

The expanded and enhanced Centre for Health Excellence in the Trent Community Sport & Recreation Centre is the new home of Trent Health in Motion, a private multidisciplinary clinic. This partnership forms the region's premier facility for health and wellness.

Boasting a truly unique and comprehensive set of services and equipment, and housing some of the most highly-certified experts in sports medicine and rehabilitation therapy, the centre is the largest and only one of its kind between Toronto and Ottawa.

The centre offers a range of services and treatments provided by: physiotherapists; massage therapists; chiroprodists; athletic therapists; kinesiologists; an exercise physiologist; an orthopaedic surgeon; and a sports physician, all in one site at Trent University. The 3,500 square foot facility features 12 individual treatment areas, a rehabilitation/exercise area, a hydrotherapy/whirlpool area and direct access to the new lifestyle centre including the joint-use SwimEx therapy pool – a versatile, exercise and resistance pool which also unique to the region.

The state-of-the-art centre offers treatment, education and prevention services to a range of clients. Equipped to serve even the most elite athletes, the facility focuses on providing rehabilitation services and programming for all levels of community sport involvement and injuries, and health conditions in the general population.

Community members as well as Trent students, faculty and staff benefit from unparalleled access to clinical services. And, as a foremost resource for game coverage and emergency injury management, the centre positions Trent as a sought-after hosting venue for national and international sporting events.

The unprecedented combination of multidisciplinary services, facilities and staffing expertise establish Trent Health in Motion in the Centre for Health Excellence as the premier regional centre for the delivery of therapeutic and sports medicine services.

**Synergy. Collaboration. Innovation.**