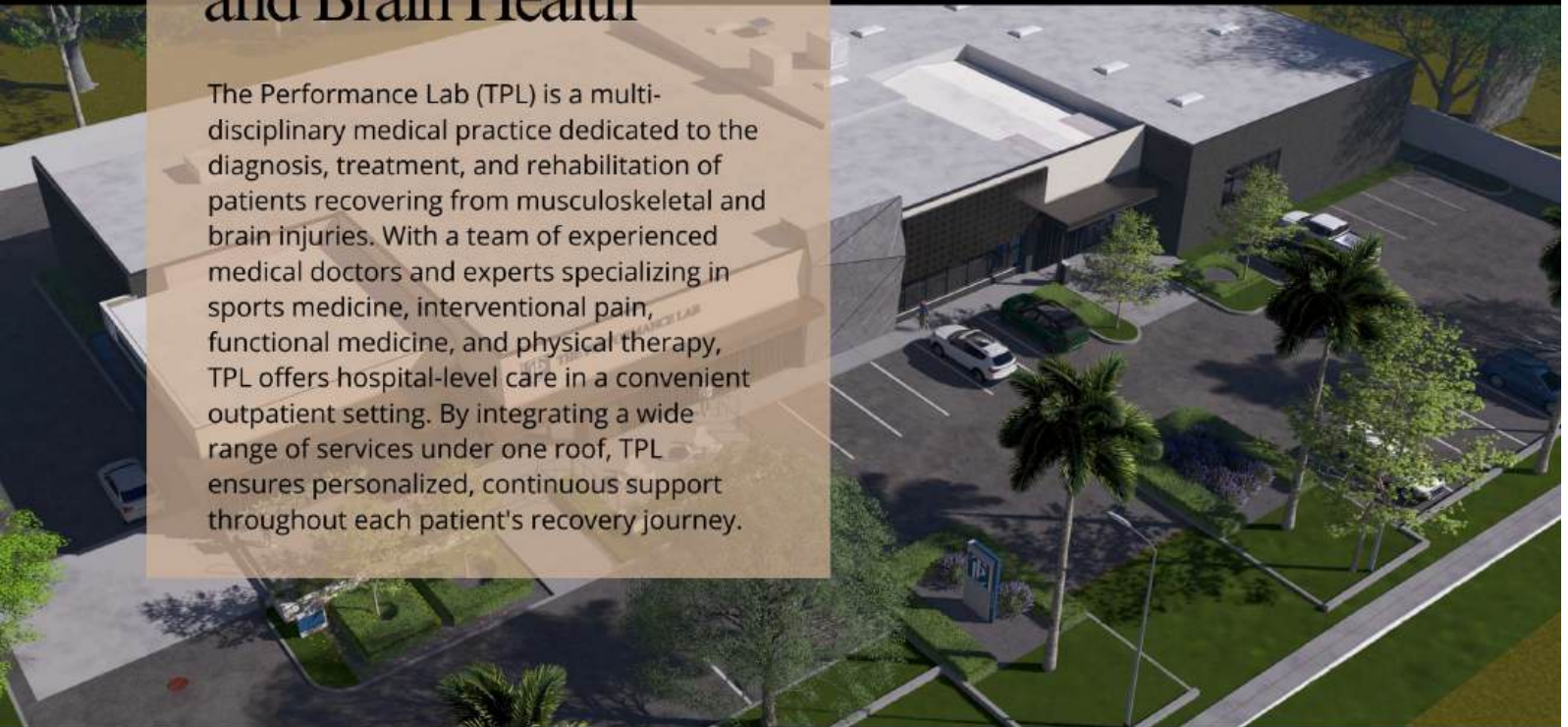


Comprehensive Care for Musculoskeletal and Brain Health

The Performance Lab (TPL) is a multi-disciplinary medical practice dedicated to the diagnosis, treatment, and rehabilitation of patients recovering from musculoskeletal and brain injuries. With a team of experienced medical doctors and experts specializing in sports medicine, interventional pain, functional medicine, and physical therapy, TPL offers hospital-level care in a convenient outpatient setting. By integrating a wide range of services under one roof, TPL ensures personalized, continuous support throughout each patient's recovery journey.



the Performance Lab



THE TPL DIFFERENCE

Advanced Treatment Protocols:

Beyond standard treatments, TPL offers advanced recovery technologies and equipment and the latest in regenerative medicine to support more complete and comprehensive recovery.

One-Stop, Full-Spectrum Care: TPL houses multiple medical specialties and therapies in a single location, allowing for seamless coordination and faster recovery timelines.

Doctor-Led, Patient-Focused: All care is guided by experienced physicians who collaborate closely with patients to create individualized, results-driven rehabilitation plans.

Our “All Under One Roof” Campus: With nearly 25,000 square feet of purpose-built space - including a rehab suite, performance center, brain health suite, imaging suite, and more - our cutting-edge, multidisciplinary medical facility designed to support patients through every stage of injury, recovery, and peak performance.

Hospital-Level Expertise, Boutique Experience: Patients receive the depth of care found in major medical centers but with the personal attention of a private practice.

the Performance Lab

Diagnosis To Recovery, Under One Roof
Better Results. Faster.



Physical Medicine & Rehabilitation

We focus on treating musculoskeletal conditions through targeted, image-guided injections and advanced interventional techniques, helping restore function, reduce pain, and return to activity.



Pain Management

Our pain specialists use precision diagnostics and minimally invasive techniques to treat pain at its source. Procedures are performed on-site in our advanced procedure rooms, equipped with industry-leading imaging technology.



Brain Health

From concussions and vestibular disorders to post-stroke rehabilitation and cognitive optimization, we combine advanced technology with a compassionate, multidisciplinary approach to help patients regain clarity, function, and quality of life.



Diagnostics & Imaging

From injuries to neurological conditions, our diagnostics suite delivers high-quality, real-time insights that allow our experts to build precise, individualized treatment plans



Performance Care

A premium, fully customized service that combines manual adjustments, soft tissue therapy, physiotherapy, and regenerative technologies. Whether recovering from injury, preparing for a major event, maintaining their body, or enhancing performance.



Life Care Planning

We deliver Life Care Plans (LCPs) and Cost Projections with the speed, precision, and medical authority today's legal and insurance teams need

Our Facility

The Tampa Campus

Every square foot of our facility has been designed to deliver exceptional care across physical rehabilitation, brain health, sports performance, diagnostics, and interventional treatment.



Brain Health Suite (2,000+ sq ft)

This suite is home to our interdisciplinary brain health team, offering diagnosis, treatment, and optimization services for patients with head trauma, cognitive challenges, or general brain wellness needs.



Procedure Suite

TPL includes advanced procedure rooms for interventional pain management and diagnostic procedures. These are equipped with leading-edge technology including the best imaging technology to guide precision interventional pain management treatments in a safe and comfortable setting.



Exam & Treatment Rooms

Designed for both timely and dignified care, we feature thoughtful amenities such as powered exam tables and dedicated space for wheelchair bound and/or seriously disabled patients, within our 20+ exam & treatment rooms.

Rehabilitation Suite

Our expansive rehab suite is outfitted with rare, specialized equipment such as microgravity treadmills and the Biodex system, optimized for comfort, progress tracking, and performance-based outcomes.



Imaging Suite

On-site imaging capabilities reduce delays and allow for faster diagnosis and collaborative treatment planning—all part of our mission to streamline the road to recovery.



Performance Center (4,000+ sq ft)

Our performance center combines cutting edge treatment technology with state-of-the-art training equipment, allowing us to offer our clients the treatment and performance support relied on by pro athletes.



Conference & Consultation Rooms

Our private, comfortable rooms support team-based care

Pain Management

Our interventional pain specialists use precision diagnostics and minimally invasive techniques to treat pain at its source. These procedures are performed on-site in our advanced procedure rooms, equipped with industry-leading imaging technology to ensure maximum accuracy and safety. Each patient's treatment plan is built through collaboration between pain management, physical medicine and rehab, and physical therapy—offering a holistic and individualized path to recovery.



Better Outcomes. Faster.

Common Non-Surgical Procedure

Epidural Injections

Used to reduce inflammation and pain caused by nerve root compression, often associated with herniated discs, spinal stenosis, or sciatica.

Spinal Injections

Targeted steroid injections into the spine that relieve back or neck pain and improve mobility.

Sympathetic Nerve Blocks

Injections that interrupt the body's pain signals, especially useful for treating complex regional pain syndrome and other nerve-related conditions.

Peripheral Nerve Blocks

Used to “turn off” pain in specific areas by temporarily blocking pain signals along targeted nerves.

Joint Injections

Delivers medication directly into joints (such as knees, shoulders, or hips) to relieve inflammation, arthritis, or injury-related pain.

Trigger Point Injections

Relieve muscular pain caused by knots or tight bands of muscle that irritate surrounding nerves.

Neuroablation Techniques

Advanced procedures like radiofrequency ablation that deactivate nerves contributing to chronic pain for longer-lasting relief.

WHY CHOOSE TPL?

Board-Certified Experts

Our team is led by board-certified experts who specialize in treating complex pain conditions with advanced, evidence-based techniques.

Advanced Imaging

Every procedure is guided by real-time imaging for pinpoint accuracy and safety.

Integrated Care

Treatments are coordinated for long-term outcomes with full collaboration across all verticals, including chiropractic care.

Patient Comfort First

Our procedure rooms are designed for accessibility and comfort.

BRAIN HEALTH

Better Outcomes. Faster.

Our Brain Health team is uniquely equipped to diagnose, treat, and support recovery from traumatic brain injuries and other neurological concerns. From concussions and vestibular disorders to post-stroke rehabilitation and cognitive optimization, we combine advanced technology with a compassionate, multidisciplinary approach to help patients regain clarity, function, and quality of life.

SPECIALIZED SERVICES

Audiology - Hearing, balance, and inner ear assessments help identify auditory processing issues and vestibular-related dysfunction often overlooked.

Speech Therapy - Our licensed speech-language pathologists work with patients to improve cognitive communication, language processing, memory, and verbal fluency.

Vision Rehabilitation - Our therapists use neuro-visual therapies to address issues like light sensitivity, tracking problems, and visual-motor coordination.

Vestibular Dysfunction Treatment - We specialize in treating dizziness, imbalance, and spatial disorientation. Patients work with our team using vestibular rehabilitation techniques to rebuild stability, confidence, and function.

www.tpltampa.com



ADVANCED TREATMENT MODALITIES & DIAGNOSTIC TOOLS

Videonystagmography (VNG)

VNG testing helps diagnose vestibular and neurological disorders linked to dizziness, imbalance, and brain trauma.

Evoked Potential Testing

Non-invasive tests that measure the electrical activity in specific areas of your brain in response to certain stimuli to show abnormalities in the function of nerve and brain pathways that are often too subtle to show up during a neurological examination.

HYPERBARIC OXYGEN THERAPY

Patients breathe pure oxygen in a pressurized chamber, increasing oxygen delivery to injured brain tissue and promoting healing at the cellular level.

WHY CHOOSE TPL?

- Dual Board-Certified Leadership
- Integrated Team of Specialists Under One Roof
- Private, 2,000+ sq ft Brain Health Suite
- On-Site Diagnostics & Cutting-Edge Therapy Tools
- Customized, Patient-Centered Recovery Plans





the Performance Lab

CAPABILITIES

MRI (Magnetic Resonance Imaging)

Our wide-bore MRI system offers high-resolution, non-invasive scans of internal structures, including the spine, joints, soft tissues, and brain.

X-Ray

Quick, safe, and highly effective, our low-dose digital X-ray system produces detailed images of bones and joints to detect fractures, dislocations, arthritis, and other structural concerns.

Ultrasound

Our ultrasound technology captures live images of soft tissues, muscles, tendons, and organs. Ultrasound can also be used to guide precise injections and procedures.

Fluoroscopy

Fluoroscopy provides real-time, moving X-ray images that allow our physicians to precisely guide diagnostic and therapeutic procedures.

CONTACT

Diagnostics & Imaging

At The Performance Lab, accurate diagnosis is the foundation of effective treatment. That's why our advanced, on-site imaging technology is integrated into every step of your care. From injuries to neurological conditions, our diagnostics suite delivers high-quality, real-time insights that allow our experts to build precise, individualized treatment plans—quickly and comfortably.

THE TPL ADVANTAGE

On-Site, Immediate Access: Skip the referral runaround—our diagnostics are performed right in our facility with same-day availability for most patients.

Comfortable, Accessible Experience: From our wide-bore MRI to powered tables and specialized patient accommodations, our imaging suite is built for all ages, sizes, and mobility levels.

Integrated, Expert-Led Care: Our radiology and diagnostic results are reviewed by physicians who collaborate directly with your full care team.

Seamless Integration with Treatment: Imaging is part of a comprehensive care model—shared instantly with your full



The TPL Difference

- One-hour, fully personalized sessions, including manual adjustments, soft tissue therapy, physiotherapy, and a full menu of regenerative tech.
- Full access to advanced treatment technology without added costs.
- Located within TPL's private Performance Center, allowing our providers and patients to utilize best in class equipment as part of treatment. Prioritized care with flexible scheduling
- Designed to serve both high-performing athletes and everyday people who want pro-level attention
- Supported by the rest of the TPL medical campus for any additional services needed



Performance Care

Performance Care is a premium service that combines various treatment modalities with cutting-edge technology into singular, customized sessions. Every session is one hour and completely tailored to the needs and goals of the patient, including manual adjustments, soft tissue therapy, physiotherapy, and a full menu of regenerative tech to accelerate recovery and promote better outcomes. Members also have access to additional on-site medical services—such as X-ray, MRI, and injections—if needed, ensuring a complete continuum of care. Whether recovering from an injury, preparing for a major event, supporting their performance regimen, or seeking regular body maintenance, Performance Care adapts to each patient's goals.

Elite Recovery Technology

- Neubie neuromuscular re-education
- Winback Tecar Therapy
- Shockwave Therapy
- PEMF Therapy
- Class IV Laser Therapy
- Blood Flow Restriction (BFR)
- Heart rate variability testing

Your Performance Launch Session

Every member begins with a Performance Launch Session—our signature onboarding experience that includes a 1-on-1 comprehensive assessment, injury review, and goal-setting conversation. It's your personalized roadmap to smarter recovery, targeted performance support, and sustainable results.



Life Care Planning

At The Performance Lab, we deliver Life Care Plans (LCPs) and Cost Projections with the speed, precision, and medical authority today's legal and insurance teams need. Our board-certified physicians specialize in catastrophic and non-catastrophic injuries—conditions that often lead to long-term care requirements. We understand the lifelong medical implications of these injuries, and we provide detailed, defensible plans rooted in clinical expertise and real-world recovery trajectories.

WHAT WE OFFER

Life Care Plans

Comprehensive reports prepared with medical certainty, including treatment recommendations and cost estimates throughout a patient's lifetime.

Future Cost Projections

A streamlined version of a full LCP that excludes the patient interview, medical chronology, and summary—ideal when only cost data is needed.

WHY CHOOSE TPL

SPEED

LCPs and cost projections delivered quickly and on-time—compared to industry averages of 8–12 weeks.

COST-EFFECTIVE

TPL offers LCP reporting priced for accessibility without compromising speed, accuracy, or credibility.

PHYSICIAN-LED REPORTS

All plans are created and signed off by TPL's board-certified doctors, ensuring expert-level credibility for legal or insurance use.

EXPERT SUPPORT WHEN IT MATTERS

Our team of LCPs consists of Board-Certified Medical Doctors, available for expert consultation.



the Performance Lab

How The Performance Lab Serves...

Hospitals and Healthcare Systems

The Performance Lab is a multi-disciplinary medical facility dedicated to the diagnosis, treatment, and rehabilitation of patients recovering from musculoskeletal (MSK) and brain injuries. By combining evidence-based rehabilitation, advanced clinical care, and performance science, TPL delivers a unique continuum of recovery and a comprehensive menu of treatment technologies, equipment, and modalities that bridges the gap between hospital and home. Our team empowers patients to regain function, restore confidence, and return to their lives stronger than before.

TPL is more than a rehabilitation clinic—we're a long-term partner in recovery. Our specialized programs are designed not only to improve individual outcomes, but also to support hospitals and healthcare systems in meeting value-based care goals through reduced readmissions, better communication, and extended continuity of care



Reduced readmission rates through comprehensive outpatient rehabilitation



Improved patient outcomes with tailored MSK and neuro rehab pathways



Extended continuity of care that bridges the gap between hospital and home



Support for value-based care initiatives and long-term recovery planning