



615-815-3799

NASHVILLE, TN + FRANKLIN, TN

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Massage Therapists

MPOWER U – Performance Program

Anti-Gravity Treadmill

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SERVICES

PERFORMANCE TRAINING

MPOWER Performance Training...it's *Personal*. We believe that relationships and custom personal performance programs lead to better results. Therefore, our training model is created around the 1-on-1 experience.

[LEARN MORE](#)

CONCIERGE WELLNESS

MPOWER MD is a comprehensive, medically-based approach to personal wellness. By providing the highest level of access to premier physicians, unsurpassed coordination of care, and physician supervision of exercise and nutrition regimens, we empower our clients to achieve their optimal health.

[LEARN MORE](#)

NUTRITION

Nutrition is a pillar of success in wellness, sports performance, and rehabilitation from injury or surgery. A lack of proper nutrition stifles progress and limits success. Since we know that our clients and patients want to ensure that their efforts lead to optimal results, MPOWER offers nutrition advice through our Registered Dietitian Nutritionists – either as an a la carte service or as part of our integrated MPOWER system.

[LEARN MORE](#)

ORTHOPEDICS

Our orthopedic partner, Elite Sports Medicine + Orthopedics, works closely with all of our staff to insure safe and accurate care is given to everyone in our facility.

[LEARN MORE](#)

PHYSICAL THERAPY

As part of our comprehensive approach to wellness, **MPOWER** offers specialized Physical Therapy. Services are onsite to aid in your recovery from injury or orthopedic surgery.

[LEARN MORE](#)

MASSAGE THERAPY

MPOWER clients can benefit from custom massage therapy. Our licensed massage therapists are located onsite and are ready to provide comfortable, personalized treatment.

[LEARN MORE](#)



FOR MORE INFORMATION ON OUR SERVICES, CALL
OUR OFFICE TO MAKE AN APPOINTMENT.

615.815.3777

REQUEST APPOINTMENT

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How did you hear about us?

How Did You Hear About Us?

CAPTCHA

LOCATIONS

NASHVILLE – MIDTOWN

NASHVILLE – GREEN HILLS

FRANKLIN/COOL SPRINGS

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