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NASHVILLE, TN + FRANKLIN, TN

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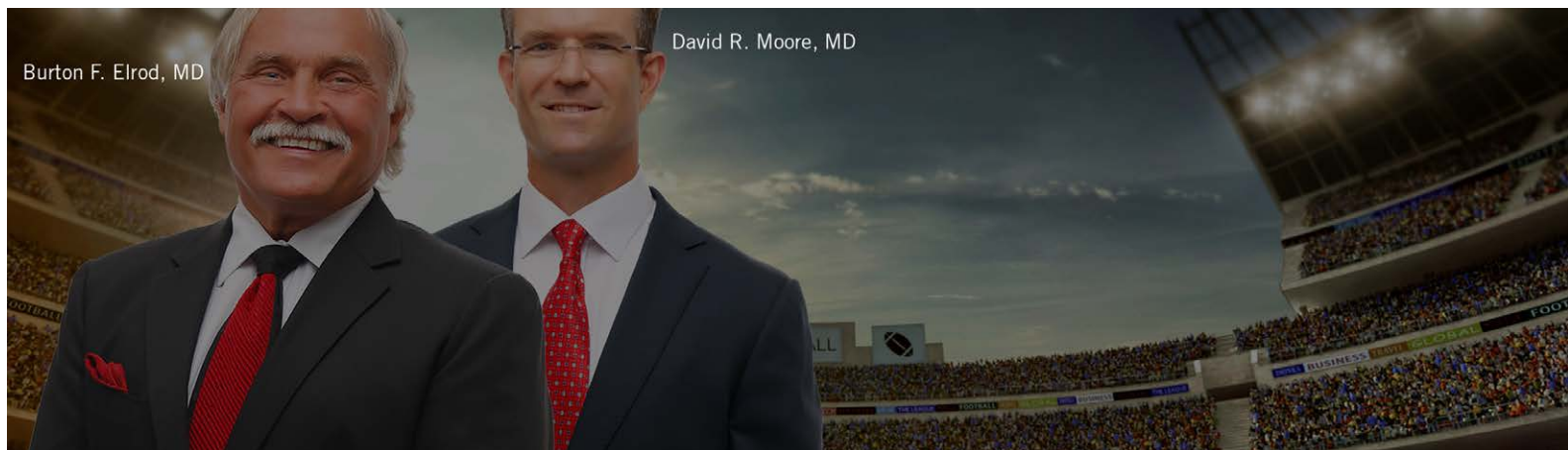
Nashville – Midtown

Nashville – Green Hills

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Careers

Contact



Burton F. Elrod, MD

David R. Moore, MD

AT MPOWER WE ARE COMMITTED TO CONTINUALLY
PROVIDING THE MOST CURRENT AND CUTTING
EDGE

CONCIERGE WELLNESS, PHYSICAL THERAPY, AND

PERSONAL TRAINING



WELCOME TO WELLNESS

MPOWER represents a medical approach to Personal Wellness and Performance.

Through programs developed in concert with physicians, surgeons, physical therapists, personal trainers and dietitians, MPOWER is your dedicated resource for integrated performance optimization.

We are here to help you be better. Be MPOWERed.

[LEARN MORE](#)

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MEET OUR TEAM



Our team of specialists provide unparalleled level of care to athletes of all levels of competition and patients of all ages and walks of life. "Everyone is a VIP" -Dr. Burton

Elrod

MEET THE TEAM

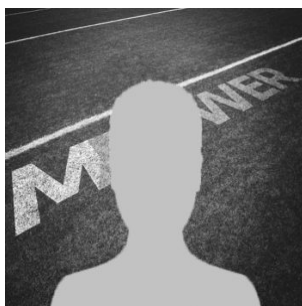
FEATURED TESTIMONIALS



Phil Wenk

I came to Elite when I tore my meniscus and had it repaired by Dr. Moore. Following my surgery, I spent time in physical therapy at Elite with Jess. She's a fantastic therapist who took great care of me while I was there. Some time passed, and my shoulder began giving out. I experienced such great care from Dr. Moore and Jess that I decided to come back

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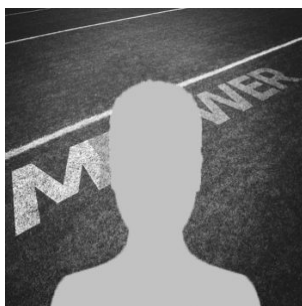


Corey Robinson

NFL OFFENSIVE LINEMAN

I was seeking relief from my back and hip pain when my agent talked with some of the Elite doctors. They recommend me to MPOWER Performance Institute. I've really liked my time here. The whole staff is truly amazing, and it didn't feel like rehab because it was such an enjoyable experience. We've done a lot of hands-on stretching, soft tissue work, core strengthening, and hip stabilization. I

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Megan Hartman

CONCIERGE WELLNESS CLIENT

Tennis is one of my favorite things in the world, but lately, I haven't been able to play at full strength. I've had a recurring back injury for almost a year now that has just about stopped me from playing altogether. It was diagnosed as a torn disc in my lower back and I was referred to Dr. Cordovez, the MPOWER Concierge Physician, who then introduced me to

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Bernard Pollard

SUPER BOWL CHAMPION

Photo by Thomson200 [CC0], from Wikimedia Commons When you're getting ready for a training camp in the NFL, you have to be in shape. There are no off days, and when it boils down to it, you must put in the work and burn the calories to meet your weight. If you don't, that's almost \$500 per pound that you're over. I came to MPOWER during the offseason

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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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