



Adam Redlich, M.D.

Sports Medicine
Specialist

Team Physician

M.D. Acupuncturist

Adam Redlich, M.D. is Founder & Medical Director of A+ Athlete – Sports Medicine, LLC.

He earned a Rutgers Engineering Degree prior to moving on to a Medical Degree from Rutgers – Robert Wood Johnson Medical School. Next was Family Medicine Residency at Crozer-Keystone suburban Philly, prior to Sports Medicine Fellowship Specialty training back at Rutgers / Jersey Shore University Medical Ctr. Dr. R has worked in Occupational Medicine, Academic Sports Medicine, and Clinical Sports Medicine settings in both Hospital Owned Health System & Private Practice Settings. He is part of RWJBarnabas-Hamilton, Penn-Princeton Med Ctr, Hackensack Meridian Jersey Shore Med Ctr

Dr. Redlich treats kids, teens, adults, seniors for all kinds of sprains, strains, aches, pains, arthritis, concussions, sports injuries, sports physicals & more.

Combining TRADITIONAL medicine with INTEGRATIVE treatments to get you better.

Treating you like FAMILY & as an INDIVIDUAL, and not just a number ... to get at the heart of your problem, and find the best treatment for you.

Nutrition Topics

- Hydration
- Weight Gain
- Weight Loss
- Increased Energy Levels
- Pre-Workout Nutrition
- Post-Workout Nutrition
- Sport-Specific Nutrition Strategies
- Food Allergies
- Preventative Counseling Nutrition
- Sports Supplements
- Holistic Nutrition

Nutrition Services

- Initial Consultation/ Goal Setting
- Body Composition Testing
- Body Circumference Measurements
- Nutrition Education
- Individualized Meal Plans
- Grocery Planning/ Recipes
- Youth Nutrition Education
- Supplement Guidance

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Life's a Sport ... Bring your A+ Game !!

www.AplusAthlete.com



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Renee Falconio, LMT

Melissa Falconio, LMT

Massage Therapists

Keith Stickel, M.S.

Erica Brown, M.S.

Sports Nutritionists



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