



**ELITE HEALERS
SPORTS MASSAGE**



FOUNDER / LICENSED MASSAGE THERAPIST

ADAM CARDONA

Elite Healers Sports Massage / New York City

ABOUT

Adam Cardona is the founder of Elite Healers Sports Massage and one of New York City's most sought after sports and medical massage therapists. With over twenty years of experience in performance recovery and human movement, he has worked with professional athletes across running, tennis, golf, MMA, basketball, and strength sports.

ABOUT THE PRACTICE

Elite Healers Sports Massage is a clinically focused performance recovery practice based in Midtown East, Manhattan. The practice specializes in resolving the muscular dysfunction, scar tissue, and movement compensation patterns that limit athletic performance and prolong injury recovery.

Treatments are performance driven, outcome focused, and built on customized treatment plans rather than one off sessions. Every therapist on the team is trained in the same proprietary system, ensuring consistent clinical results across the practice.

The flagship location is at 120 East 56th Street, Suite 420, in Midtown East. Elite Healers serves competitive athletes, weekend warriors, post surgical and post injury clients, and professionals managing chronic pain or repetitive strain.



20+

YEARS OF EXPERIENCE

8

ATHLETE DISCIPLINES

6

CLINICAL CERTIFICATIONS

1

FLAGSHIP LOCATION

PROPRIETARY FRAMEWORK

THE ELITE HEALERS METHOD

01 RECOVERY

Addresses immediate muscular fatigue, tension, and inflammation following training or competition.

02 REPAIR

Targets deeper structural issues: scar tissue, restricted range of motion, and chronic dysfunction requiring multi session treatment plans.

03 MAINTENANCE

Establishes long term care protocols that keep athletes healthy in season and active across the full arc of their careers.

This framework is what allows Elite Healers to deliver measurable, repeatable results across every client and every therapist on the team.

CLINICAL CREDENTIALS

- Licensed Massage Therapist (LMT)
- Certified in Sports Massage
- Certified in Medical Massage
- Certified in IASTM (Instrument Assisted Soft Tissue Mobilization)
- Certified in Cupping Therapy
- Former Certified Personal Trainer
- College Level Instructor: Anatomy, Kinesiology, Physiology
- Over twenty years of experience in performance recovery



WHO WE WORK WITH

ATHLETE PORTFOLIO

Adam and the Elite Healers team have provided performance recovery and rehabilitation work across the following disciplines:

Distance Running & Marathon Racing

Golf (Recreational to Tour Level)

Basketball

Division I Collegiate Athletics

Tennis (Recreational to Professional)

MMA & Combat Sports

Strength Sports (Powerlifting, Olympic Lifting, CrossFit)

Post Surgical Orthopedic Recovery

SPEAKER TOPICS

Available for podcasts, panels, conferences, and corporate education.

- 01** **Disrupting Sports Recovery:** How targeted massage therapy redefines athletic performance and shortens injury timelines.
- 02** **The Case Against Reactive Care:** Why waiting for injury is the most expensive mistake in athletic performance.
- 03** **Customized Treatment Plans:** How structured massage protocols extend athletic careers and improve outcomes.
- 04** **The Science of Recovery Timing:** When, how often, and what type of massage maximizes athletic results.
- 05** **Resolving Muscle Imbalances:** A clinical framework for identifying and correcting the dysfunction behind chronic injury.

AS FEATURED IN

PRESS & MEDIA

EDITORIAL FEATURES

FORBES / Featured contributor on post recovery treatments.

NEWSWEEK / Flat Stomach & Abs: The Power of Abdominal Massaging.

RUNNER'S WORLD / Featured for expert sports injury rehabilitation.

MUSCLE & FITNESS / Print Feature: Unlock Peak Performance with Elite Healers Program Based Massage.

LONG FORM INTERVIEWS & PROFILES

CEO WEEKLY / Doctors vs Therapists: Why the Future of Sports Medicine Needs Both.

VOYAGE NEW YORK / The Art of Recovery: An Exclusive Interview with Adam Cardona.

NEW YORK WEEKLY / Profile coverage of Elite Healers Sports Massage.

MEDIUM / Fitness Champions: How Adam Cardona is Redefining Recovery.

WHAT ATHLETES ARE SAYING

Verified outcomes from athletes, post surgical clients, and professionals.

“

Seeing Adam was the best decision I have ever made. After hip surgery, I saw him weekly for treatment. His treatment is best in class, and I am ahead in my recovery because of him, which has made all the difference.

MADISON MCCARTHY

Division I Athlete

“

Elite Healers has been critical to my recovery from a difficult injury. The massage draws on immense knowledge and applies an experienced touch. I will continue to go long after I am fully recovered. Highly recommended for athletes or anyone dealing with the ongoing stress of daily life.

RYAN RASKOPF

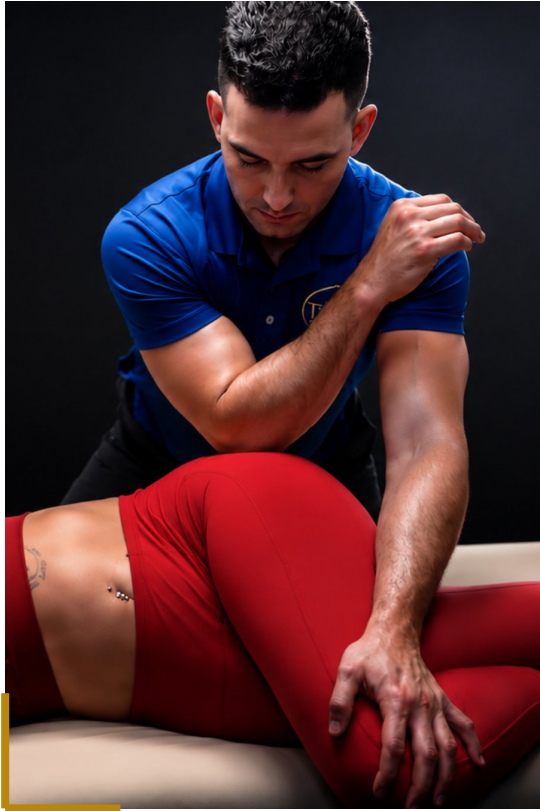
Verified Client

“

When I first came to Elite Healers, I was so tight I was barely able to walk and had excruciating back pain. Within the first session I started to feel better, and after six sessions in the first three weeks I was able to walk normally again and my back pain was totally eliminated. Five star service. I totally recommend it for anyone looking for real pain relief with a knowledgeable massage therapist.

SEEMA ABBHI

Verified Google Review



REFERRAL NETWORK

Elite Healers Sports Massage maintains an active referral relationship with physical therapists, orthopedic physicians, fitness coaches, and performance facilities across New York City.

The practice regularly receives clinical referrals for cases requiring sports specific massage protocols and post rehabilitation care.

FEATURED COLLABORATIONS

DR. TAZ PODCAST

Featured guest: The Ultimate Guide to Preventing Sports Injuries.

RUMBLE

Long form content series featuring Elite Healers Sports Massage.

B2B & ENTERPRISE

CORPORATE & TEAM ENGAGEMENTS

Elite Healers is available for corporate wellness programs, athletic team contracts, and on site recovery services for performance focused organizations across the New York metropolitan area. Inquiries from corporate buyers, team trainers, and athletic directors are welcomed.

CORPORATE WELLNESS

TEAM CONTRACTS

ON SITE RECOVERY

EXECUTIVE PROGRAMS

INQUIRIES: info@elitehealerssportsmassage.com

GET IN TOUCH

For press, media inquiries, speaking engagements, and corporate partnerships.

EMAIL

info@elitehealerssportsmassage.com

WEBSITE

elitehealerssportsmassage.com

LOCATION

120 East 56th Street, Suite 420
Midtown East, New York, NY

YOUTUBE

Elite Healers Sports Massage

INSTAGRAM (BUSINESS)

@elitehealerssportsmassage

INSTAGRAM (FOUNDER)

@theadamcardona

LINKEDIN

linkedin.com/in/adamcardona

MEDIUM

medium.com/@adamcardona



Recovery is not a luxury. It is the difference between athletes who stay in the game and athletes who don't. Our job is to find the dysfunction nobody else found, fix it, and keep you performing.

ADAM CARDONA

FOUNDER, ELITE HEALERS SPORTS MASSAGE

