ATHLETEX Staff

Thomas G. Mulvey
M.S., P.T., M.B.A..

Owner of Athletex Physical Therapy and Athletex Sports Specific Conditioning.

Physical Therapy Degree - Northwestern University School of Physical Therapy

Masters Degree - Physical Therapy/Exercise Physiology – University of Illinois at Chicago

Twenty Years of Rehabilitative Experience

Experienced in conditioning collegiate athletes at the Division 1 level

E-Licensed Travel Soccer Coach

Timothy Jouras, *P.T.*

Physical Therapy Degree - Northwestern University School of Physical Therapy

Collegiate Baseball Player (Division 1)

Hockey Player

Specialist in Biomechanics of Skating

Christopher Beaty, *D.P.T.*

Doctoral Degree - Midwestern University School of Physical Therapy

Competitive Soccer Player

Services provided at...

The Oak Lawn Ice Arena
9320 S. Kenton Ave.
Oak Lawn, IL 60453
p 708 424 4025

ATHLETEX
Sports and Orthopedic Physical Therapy

athletexpt.com

SPORTS SPECIFIC CONDITIONING

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WHERE EVERY PATIENT IS TREATED LIKE A CHAMPION!

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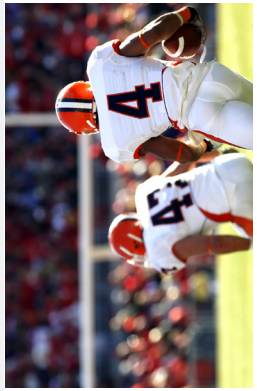

ATHLETEX

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SPORTS SPECIFIC CONDITIONING

TARGET CHARACTERISTICS

ATHLETEX SPORT SPECIFIC CONDITIONING is a biomechanical / neuromuscular approach to training that targets the characteristics needed to improve athletic performance and discourage injury.

AS MORE AND MORE ATHLETES begin to compete at higher and higher levels, conditioning the body and extremities for the increase in forces they will experience allows them to demonstrate techniques more efficiently and resist injury. More and more younger athletes are specializing in sports and partaking in more intensive training. The end result is an epidemic of overuse and joint injuries that were typically seen in older athletes or industrial workers in the past.

TWO-THIRDS of all Anterior Cruciate Ligament (ACL) injuries occur during non-contact situations such as landing from a jump, twisting, or turning. Serious knee injuries occur two to ten times more frequently in female athletes than male athletes. Sport Specific Conditioning provides athletes with improved strength, flexibility, endurance.

COORDINATION, BALANCE, AGILITY, SPEED, AND REACTION TIME. These, in conjuction with neuromuscular development, provide a foundation for more efficient movement, better skill development, and injury prevention.

1. STRENGTH - Upper extremity, lower extremity, and core / abdominal strengthening which provides a foundation for skilled athletic activity. Major muscle groups are targeted in a way the joint function is protected.

2. FLEXIBILITY - Extremity flexibility allows for efficient utilization of muscles during contraction and appropriate length / tension relationships.

3. ENDURANCE - Upper and lower extremity endurance training to help discourage fatigue and fight off potential injury.

4. COORDINATION - Development of improved motor patterns and more efficient movement, especially involving the non-dominant side. Training will involve three dimensional movement.

5. BALANCE - Recognition and development of balance both statically and dynamically. Applied towards specific skilled activities. This is a critical component in a program that will help maximize potential for skill development and discourage injury.

6. AGILITY - Development of efficient movement within skilled activities or around objects. Training addresses movement in three dimensions and applies to specific skilled activity.

7. SPEED - Development of appropriate muscle fibers and efficient use of motor patterns.

8. REACTION TIME - Development of improved ability to react and with more confidence.

AT ATHLETEX SPORTS SPECIFIC CONDITIONING, EVERY PATIENT IS TREATED LIKE A CHAMPION!