

# Sport-specific Rehabilitation and Performance Programs



At Cleveland Clinic, we understand athletes. That's why we've designed an entire range of sport-specific rehabilitation and performance programs to help you – no matter your game, skill level or condition.

Whether you've been injured or simply want to improve your performance, we've assembled a team of all the experts you'll need: physical therapists, athletic trainers, exercise physiologists, physical therapy assistants, certified strength and conditioning specialists, and sports physicians.

## How does the rehabilitation component of our programs work?

Each of our sport-specific programs provides rehabilitation care for athletes who suffer an injury. Unlike traditional rehabilitation, we offer sport-specific rehabilitation by experts who are familiar with (and often play) your sport and can identify the needs that are critical to your recovery.

Our emphasis is on effectively transitioning patients – both those who receive medical treatment and surgery – from rehabilitation back to peak athletic performance.



### We provide:

- Comprehensive injury assessment to investigate the cause of injury (such as trauma, poor mechanics, overuse), review past medical history and discuss personal training goals
- Development of an evidence-based therapy program that includes exercises to restore function, improve mobility, relieve pain and prevent or limit physical disabilities
- Coordination of your in-depth therapy sessions with any of your other training activities to avoid overtraining and reduce the risk of re-injury
- Monitoring and adjusting of your personalized plan, as needed, to meet your performance goals

# Here is a closer look at the evidence-based programs we offer:

## Golf Smart

### For Golfers



Whether you have an injury and want to get back to hitting the links, or just want to improve your game and stay injury free, Golf Smart is designed to meet your needs. Our professional staff focuses on preparing you for the game of golf through a comprehensive conditioning and rehabilitation program.

More than half of all golfers will experience a golf-related injury. The majority of these injuries are due to the repetitious and high-velocity nature of the golf swing and the fact that joints and muscles are taken to extreme end ranges of motion with each swing. Poor flexibility, decreased strength along with endurance, along with poor swing mechanics can increase your chance for injury.

Golf Smart addresses these concerns. We design an individualized fitness program that includes strength/stability, conditioning, flexibility and motor control exercises that can help prevent injuries and allow you to focus on improving your game.



### Program services

- Customized, golf-specific evaluations and rehabilitation
- Biomechanical video analysis of your golf swing to help detect the cause of injury
- Injury prevention coaching
- Comprehensive rehabilitation, when injuries do occur
- Physician referrals, if necessary

## Jump Right ACL program



Our Jump Right program is designed to improve jumping and landing mechanics in all athletes.

While anyone can suffer an ACL injury, female athletes are up to eight times more likely to sustain ACL injuries than men. Research points out that females tend to change direction (“cut,” “jump” and “jump stop”) differently than males. Those types of maneuvers are often to blame for non-contact ACL tears. Thankfully, data also shows that supervised training programs to improve leg strength and jump-landing techniques may decrease risk for injury in athletes.

Jump Right is a six- to eight-week program that begins with a comprehensive evaluation. Then, our sports rehabilitation specialists customize a program that will help you avoid injury and maximize your performance.



### Program services

- Reducing your risk of knee injury, no matter what sport you play
- Improve jump landing techniques
- Coaching to increase your vertical jump
- Help to improve your planting and cutting ability
- Comprehensive rehabilitation for injuries that do occur

# Match Fit

## For soccer players



Our Match Fit soccer training program is designed to improve jumping and landing techniques, and increase flexibility, strength, power, agility and quickness in soccer players.

This program also may reduce the risk of common soccer-related injuries by addressing form and mechanics to make sure they are performed properly. Match Fit is appropriate for all age groups and levels of soccer ability, and female- or male-specific programs are available.

Our specialists cover a number of common soccer related injuries including ACL injuries, hip and lower back injuries.



### Program services

- Pre-testing to determine the athlete's current ability, strengths, weaknesses and goals for the program
- Individualized instruction tailored to athlete's goals and needs
- Basic to advanced exercises, depending on athlete's level and need
- Post-testing to analyze the athlete's success in the program
- Comprehensive rehabilitation to treat injuries that do occur

# Run Smart

## For runners



Run Smart is designed to help you improve your running performance.

Our experts will conduct a comprehensive evaluation that includes strength and flexibility assessments and videotaped gait analysis.

Testing for body composition and VO2 Max exercise testing may be included at an additional cost to the program fee. Using this data, we will tailor recommendations about running technique, strengthening and stretching programs, and shoe selection to your needs.

We see a multitude of running injuries including plantar fasciitis, runner's knee, ITB syndrome, hip pain, calf strain and achilles tendonitis.



### Program services

- Customized conditioning and training that targets key improvement areas, such as running form, overall endurance and race time
- Education on body mechanics and physiologic capabilities
- Injury prevention coaching
- Assessing and comprehensive rehabilitation for running injuries that do occur

## Skate Smart

*For figure skaters*



Skate Smart is a program designed to help you improve your skating performance, led by a team of medical professionals with experience in figure skating.

Through this comprehensive assessment and training program, our experts will teach you to increase your flexibility to enhance on ice presentation and decrease risk of injury, incorporate core-strengthening principles into your training regimen, and improve your control on jump-landing and take-off.

Skate Smart addresses many common skating injuries including ankle sprain and instability, hip flex and hip joint injuries, lower extremity muscle strain, lower back pain and knee pain.



### Program services

- Skating-specific evaluation, including in-boot and out-of-boot assessments
- Education on body mechanics and physiologic capabilities
- Injury prevention coaching
- Minimizing “off-time” after an injury
- Personalized rehabilitation and advice on preventing re-injury

## Throw Right

*For baseball and softball athletes*



Injuries in baseball are common and can be difficult to manage. Most baseball injuries occur at the shoulder and elbow.

Throwing injuries, especially overuse injuries, are on the rise. These muscle/tendon injuries often occur when the arm performs “too much” or returns “too soon” after throwing. The result can

be tendonitis (inflammation of the tendon), ligament disruption, or potential injury to the growth plate in younger athletes. Injury also may be the result of using faulty throwing mechanics. Adequate rest and rehabilitation will effectively return the thrower to their sport.

Our team of medical professionals is highly experienced in dealing with such injuries at all levels. No two injuries are the same and we address each one individually. Our strength lies in investigating how the injury occurred, correcting the problem and preventing future disability.



### Program services

- Video analysis of mechanics and throwing motion as related to injury
- Complete baseball conditioning programs
- Baseball-specific physical evaluations
- Rehabilitation programs for injuries that occur
- Easy access to physician and physical therapist specialists when needed

## Train Right

*For all athletes*



Train Right, a program dedicated solely to helping athletes of all sports improve their performance.

Train Right helps athletes in running sports, volleyball, basketball, soccer, figure skating, baseball/softball, football/lacrosse and golf improve athleticism, enhance performance in competition and reduce their risk of injury. Our experts will work with you to design a customized, comprehensive program that meets your personal goals. We take all of your team training in to account, so that you don't overtrain.



### Program services

- Sports-specific functional evaluations
- One-on-one, in-depth training sessions that enhance strength, speed and agility
- Education on body mechanics and physiologic capabilities
- Injury prevention coaching

## Why choose Cleveland Clinic?

- Quick and easy access
- All of the specialists you need, including licensed physical therapists, physical therapy assistants, certified athletic trainers, certified strength and conditioning specialists and exercise physiologists
- Experience effectively transitioning all patients – including those needing both medical and/or surgical treatment – from rehabilitation to peak athletic performance
- 18 convenient locations across Northeast Ohio

Ready to schedule an appointment?

Call: **216.518.3475**

Visit us online at:

**[clevelandclinic.org/sportsrehab](https://clevelandclinic.org/sportsrehab)**



**Every life deserves world class care.**

9500 Euclid Avenue, Cleveland, OH 44195

Cleveland Clinic Rehabilitation and Sports Therapy encompasses nearly 700 occupational, physical and speech therapists providing rehabilitation services at more than 45 locations throughout Northeast Ohio. These specialty-trained therapists offer more than 20 distinct services and programs including neurological, orthopaedic and vestibular rehabilitation. Our facilities feature the most advanced rehabilitation equipment, and our therapists use a full range of techniques to maximize patient function and promote recovery from injury or surgery. Cleveland Clinic Rehabilitation and Sports Therapy draws on the expertise of the Neurological Institute and the Orthopaedic & Rheumatologic Institute, two of the 27 institutes at Cleveland Clinic, a nonprofit academic medical center ranked among the nation's top hospitals (*U.S. News & World Report*), where more than 3,000 physicians and researchers in 120 specialties collaborate to give every patient the best outcome and experience.

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