



Injury Prevention Program

Tri-State Physical Therapy (TSPT) and the Physicians of Tri-State Orthopaedics & Sports Medicine are committed to keeping athletes safe in their respective sports and activities. Together we have implemented Injury Prevention Program administered by our Sports and Orthopedic Certified Physical Therapists and team of exercise professionals at TSPT to help accomplished or aspiring athletes remain injury free.

Goals of the program

- Implement a dynamic pre-event “warm-up” prior to athletic competition
- Teach appropriate body mechanics during athletic movements (running, jumping, cutting, etc.)
- Supervise a progression of sport specific exercises
- Challenge balance to promote stability
- Improve strength and reactivity of neuromuscular system
- Reduce the presence of risk factors associated with injury

Details of the program

At the first session, athletes will be assessed using evidence-based screening methods and state-of-the-art equipment to identify imbalances and risk factors for injury. Based on the initial screening, an individualized injury prevention program is designed specific to the athlete’s deficits and performance goals. The program will consist of appropriate strengthening, balance, flexibility, plyometric, core training, and sport-specific exercises to improve performance and reduce the risk of injury. Athletes are encouraged to participate in two supervised sessions (approximately 1 hour sessions) per week for 6-8 weeks.

Cost

An initial screening with injury risk counseling costs \$60. Each follow-up session costs \$25. A package of an initial screening plus 16 sessions is offered at a discounted price of \$400. Group and team screening and packages are also available upon request.