

EDUCATION CENTER: RESILIENT ATHLETE



The Resilient Athlete: A Modern Guide to Injury Treatment & Performance Care

"Too often athletes are told to rest or avoid activity when it comes to injuries. We are finding out more and more through the most recent research that movement is the key to fast injury recovery."

-Dr. Julie Auman

A Modern Approach for Today's Athlete

If you're an athlete, you've likely heard the same generic advice for an injury: "Just rest and ice it." For anyone driven by goals and a love for their sport, this is one of the most frustrating things to hear. Too often, athletes are told to completely avoid the activities they love, leading to a loss of progress and a growing fear around the injury itself.

Our philosophy is different. We believe that movement is the key to a fast and effective recovery. Musculoskeletal injuries rarely require a full stop; they require intelligent modification. We work with you to keep you moving as much as possible after an injury—whether that means adjusting the time, distance, or load in your running or weightlifting program. This approach delivers targeted blood flow and load to your muscles and tendons, which is essential for healing, while also preventing the fear and avoidance that can hold you back. It's time to get back on the horse, quickly and safely.

Uncovering the "Why" Behind Your Injury

A nagging pain is often just a symptom of a deeper issue. To build true resilience, we have to look at the entire body as one interconnected system. When an athlete comes to us, our one-on-one sessions give us the time to uncover the less obvious "root causes" of an injury.

This could look like:

- Analyzing a runner's arm swing to address a recurring ankle injury.



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- Identifying an ankle mobility limitation in a lifter who is experiencing hip pain.
- Finding a thoracic spine mobility issue in a swimmer with shoulder pain.

We also investigate how other factors are impacting your recovery. Is your spine involved? How are you breathing during your lifts? Are your stress levels, nutrition, sleep, and overall training load appropriate for your goals? By understanding the complete picture, we can move beyond treating the symptom and start solving the real problem.

A Partnership in Performance

In a typical busy clinic setting, a physical therapist's attention is often divided among two or three other people at once. Our one-on-one model means our focus is entirely on you. We are not distracted, so we can listen intently to your story and have the time to dive deep into a head-to-toe evaluation of your movement patterns.

From Pain to Performance: A Real-World Example

How do we put this into practice? Imagine a runner who comes in with recurrent knee pain after being told by previous providers to stop running for the past year. They are now fearful of their favorite activity.

Our first step isn't more rest; it's a test. We assess their pain over a very short distance. If the pain is manageable (less than a 3/10), we immediately begin a return-to-running plan. It might start with just a 1-minute jog followed by a 1-minute walk, repeated for 10 minutes.

This simple step accomplishes three critical things: it gets the athlete back into their sport, it begins to decrease the fear and avoidance they've been experiencing, and it allows us to assess their current capabilities. While we are simultaneously working



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to build strength and mobility in the clinic, the patient gets to return to running. As they improve, we progressively introduce longer runs and speed work.

Too often, fear and avoidance are the biggest limiting factors for an athlete. Our goal is to reassure you that just because you have pain, it doesn't mean you have to stop exercising (unless, of course, a serious issue like a stress fracture is involved).

Your Toolbox for Recovery & Resilience

To get you back to your sport quickly and safely, we use a variety of highly effective techniques tailored to your specific needs.

- **Dry Needling:** This is a very effective technique for moving past nagging muscular pain and improving muscle function. It's a powerful tool for providing pain relief that allows you to progress in your rehab.
- **Proper Loading & Strength Training:** Strength training is essential for recovering from almost any injury. The key is understanding the proper load your body can handle at each stage of recovery. We are experts at finding that sweet spot to build strength without flaring up your symptoms.

Beyond Rehab: From Recovery to Peak Performance

Our partnership doesn't end when the pain is gone. We are here to help you bridge the critical gap between being "pain-free" and returning to your sport at full capacity.

Bridging the Gap

We create a detailed plan for progressive, graded loading and exposure to sport-specific tasks. With a full gym at each of our locations, we can mimic a wide variety of sporting activities—from squatting and jumping to throwing—to ensure you are truly prepared for the real deal. We are experts at coaching you through and around pain, so any hang-ups you may have in returning to your sport are covered.



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Ongoing "Performance Care"

For the athlete who isn't injured but wants to optimize their body and prevent future issues, we offer ongoing performance care. This involves assessing your body for any mobility or strength limitations that may be hindering your performance. We then address these deficits by training each joint for the specific demands of your sport, adding in functional drills to make sure you are primed and ready to perform at your best.

