

## Preparing Athletes To Optimize Their Training & Sports Conditioning

CompeteWell is another specialized performance analysis program at OrthoWell for athletes competing at all levels who are looking to optimize their training and conditioning routines. The program identifies and overcomes musculoskeletal performance limitations including:

- Unresolved pain syndromes
- Residual limitations from previous injuries
- Soft tissue imbalances such as trigger points or muscle knots

### How Your Therapists At OrthoWell Help Deliver Competitive Advantage With A 1-2 Punch...

**The 1-2 punch: Improved performance PLUS reduced injury risk.**

Research confirms that pain syndromes, soft tissue imbalances, trigger points, and muscle knots reduce muscle strength and alter muscle activation patterns.

Your therapists at OrthoWell have the experience and expertise to re-train and re-balance your system. Your doctor of physical therapy communicates directly with your OrthoWell personal trainer to develop a customized training program that improves performance and reduces the risk of injury.

### CompeteWell 3-Step Conditioning & Training

The CompeteWell 3-Step Conditioning & Training Program was designed to combine mechanical analysis with customized exercises, safely preparing each athlete to increase their competitive performance level while reducing the risk of injury.

#### Step 1: Biomechanical Evaluation.

Your bio-mechanical evaluation will be a sport-specific assessment of your entire body to identify areas of stiffness, weakness and/or muscular imbalance.

#### Step 2: Video Performance Analysis.

Your frame-by-frame video analysis provides visual reference helping you connect the findings from your bio-mechanical analysis to your sport.

#### Step 3: Customized Corrective Exercises.

Create a customized plan for corrective exercises, including specific strategies to optimize your sport performance and reduce the risk of future injury.



## Let's Do this Together

- ★ Come on in for a **FREE Sports injury screening**
- ★ Utilize our team of doctors of physical therapy, massage therapists and personal trainers
- ★ Train one-on-one in our clinics to maximize your performance
- ★ Receive 24 Hour priority booking for a **FREE Injury Screening**



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# COMPETEWELL SPORTS CONDITIONING PROGRAM

Our comprehensive and holistic approach to Wellness keeps you healthy... for a lifetime!

### Our Clients Say It Best...

*"I play for a Division I sports team at the University of Pennsylvania and have had knee and foot problems preventing me from playing at my highest level. I have seen many specialists looking for solutions and had not found the answer until coming to OrthoWell. I can now workout harder and longer and I'm getting my desired results on the court."*

—Mike H.



**Chris Dukarski**

Physical Therapist, Owner

Chris Dukarski founded OrthoWell PT with the goal of helping patients and local businesses to stay healthy and injury free. He has treated orthopedic and sports injuries for nearly 3 decades. He has created a team of therapists and trainers that will maximize your results in minimal time