



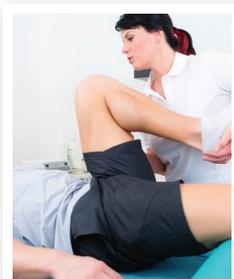
# Athlete Rx

From injury to recovery; the Athletes cycle to success!



## 1) MD

Athlete consults with Sports Medicine specialist to evaluate injury. If appropriate Physical Therapy Rx is initiated.



## 2) Rehab

As a leader in rehabilitative care, we use the latest technology and research to treat a range of conditions, helping athletes return to their activities as quickly and safely as possible. Whether its blood flow restriction training to prevent extremity atrophy, aquatic therapy or hands on treatment, the physical therapy team ensures that there is regular communication between the therapist, athletic trainer and physician.

## 3) ADP (Athlete Development Program)

Upon rehab goals being met, Athlete is transitioned into ADP. Our state-of-the-art training facilities are designed to meet the needs of professional, elite and youth athletes. The training programs are developed by world-renowned sports performance coach Al Biancani E.D.D, CSCS\*D who has coached numerous professional athletes, as well as collegiate national champions and All-Americans. Al's connection to Sacramento include 18 years as Strength & Conditioning coach of the Sacramento Kings. Under the guidance of Al and his team athletes will participate in programming scientifically designed to improve speed, power and agility.



## 4) Return to Sport Per MD Approval



**Bailey** - Elite level High School running back who suffered season ending ACL/ MCL injury his Junior Year. Working with PT and ADP Bailey returned to the football field with improved strength, speed and agility. He currently plays college football at UNLV.



**Ian** - Collegiate football player utilized ADP to rehab foot injury and to prepare for NFL tryouts. Ian currently plays for the Los Angeles KISS professional indoor football team.



**Jake** - Elite level high school quarterback who set numerous state and national records. In 46 games he completed 1191 of 1708 attempts for 16,775 yards and 229 touchdowns. He went on to become the first true freshman to start at QB for the Washington Huskies.