

Re-Building our Community's Athletes

“It's a research driven program that's FUN, Dynamic, and IT GETS RESULTS”

Gateau Physical Therapy & Sports Medicine has created and successfully implemented an injury prevention and athletic performance program into the local school system. Most recently we just completed the program at The Calverton School, where we had the pleasure of working with the athletic department and their student athletes. Pre and post testing revealed an average of a 2.8 inch improvement / athlete in the vertical jump (lower extremity power) and a 2.0 second improvement / athlete in agility. In addition to these improved performance scores, there were only 2 total injuries (0 of which were season ending) over the last 6.5 months! *Ready to hear more.....?*

The program was created with the intent of effectively applying three bodies of knowledge towards the common goal of preventing injuries and maximizing athletic performance in our athletes. The program focuses on bridging the professions of health and physical education, physical therapy and sports medicine, and the strength and conditioning field. As the creators of this program, we realized how important it was to design a program, which not only included “applied sports medicine and strength and conditioning principles, but could be easily utilized in the physical education classroom. We also fully understand that despite the effectiveness and practicality of these techniques, other professionals such as physical education teachers and coaches aren't exposed to these areas to the extent of other professional such as physical therapists and strength and conditioning specialists. Gateau Physical Therapy & Sports Medicine welcomes the opportunity to work as a TEAM in order to bring these techniques directly into the physical education classroom and school system! This program is a comprehensive step-by-step curriculum, which not only meets the National Health and Physical Education Standards, but also allows for the physical education department to be a major contributor with respect to preventing injuries and maximizing athletic performance in your athletes. Our approach reflects on the need to integrate this physical re-education material directly into your current school system and curriculum to ensure no student-athlete is left behind. As educators we need to allow for every student-athlete to succeed and reach their peak performance potential.

As a TEAM, we focus on the common goal of preventing injuries and maximizing athletic performance. The value of our program lies within the specific components of injury prevention and athletic performance, and how we systematically allow the student athlete to internalize these new movement skills in a kinesthetically enriched learning environment. The learning process allows the student-athlete to learn these movement skills first in ISOLATION to encourage efficient “PATTERNING”- then builds on this experience and progresses to the ultimate goal of efficient “Functional INTEGRATION”. This process is conveniently outlined in a 50-lesson plan curriculum, which can be incorporated directly within your school system or customized into sport-specific training regimens for athletes and coaches. *So how does this program work again????*

First, we work directly with your student-athletes and educators / coaches in order to complete the “FUNCTIONAL ATHLETIC PROFILE”. The functional athletic profile evaluates the athlete on TWO distinct levels with regards to movement, from a QUALITATIVE and QUANTITATIVE standpoint. The profile allows us to objectify and identify the athlete's weaknesses and strengths, which will serve as a compass for the lesson plans and training sessions. For example, an athlete may be fast in the 40-yard dash (Part II), yet be overcompensating for a hip mobility problem, which can only be identified in Part I of the profile. Based on this scenario, the athlete would require some FOUNDATIONAL work, such as specific hip mobility exercises in conjunction with future speed development drills. If this athlete would continue to exceed his or her athletic threshold, then repetitive MICROTRAUMA could occur

and cause potential injury in the future. Maybe not today, maybe not tomorrow, but some day this athlete may pay the price for this situation, which can easily be avoided. The Functional Athletic Profile is PARAMOUNT in putting our student-athletes in the best possible position, and allows us to maximize the effectiveness of your program.

“Training Today’s Athlete for Tomorrow”

After the Functional Athletic Profile is completed in lessons 2-4, we now have objectified the student-athlete’s strengths, but most importantly their weaknesses. Based on our “Motivation through Education” philosophy, these weaknesses will now be targeted throughout the remaining lessons to ensure optimal athletic development. IN lessons 6-7, we introduce the first key component- the Functional Warm-Up. Lesson 8 covers the second key component, which is balance / proprioception techniques. The third key component is strength and conditioning application, and is discussed in lessons 9-12. Core Stability Training is addressed in lessons 13-14, and is considered the fourth key component. In lesson 15, we included a self-analysis paper, which will help bridge the gap between a student-athlete’s PERCEIVED profile and their ACTUAL profile. Neuromuscular Training is introduced in lessons 16-18 which safely leads into the fifth key component-Plyometric training. Plyometric training is addressed in lessons 19-20. Lessons 21-23 covers the sixth key component, which is speed development. This leads into Agility Drills, which is the seventh and final key component. We also included appropriate testing material, as well as a bonus section on nutritional strategies (lesson 28). In an effort to address the psychological issues in sport, we included lesson plan 29- “The Winning Psychology in Sport- getting the EDGE”. Lessons 30-33, we begin to progress into sport-specific regimens for successful “functional integration”. The student athlete will have the opportunity to review their pre and posttest scoring in conjunction with the Analysis in lesson 37. We build on this experience in lesson38, which focuses on individual practice based on profile results. Lessons 39-48 continues to progress the student athlete toward “Functional Integration”, but now we introduce these skills in a competitive format. The final lessons 49-50, nicely wraps up the course, but most importantly ensures the gains made throughout the course are continued by creating a plan to keep this program going. By utilizing customized and goal-oriented lessons throughout the course, we have created a program and a system, which addressed the needs of the student-athletes on both an individual and class level.

***“You cannot teach a man anything, you can only help him to find it within himself”
-Galileo on TEACHING.***

We are confident this program will help achieve your department’s goals, and also committed to establishing a productive and working relationship with you and your student athletes.