


Pearson Physical Therapy Newsletter

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Performance Training

SPORTS PERFORMANCE TRAINING

“ I Would of Jumped at the Chance To Do This If They Would Of Had This When I Was Young”

Pearson Physical Therapy is now offering Sports Performance Training, but what is sports performance training?

Sports performance training or athletic enhancement training has been around for many years in varying degrees of design and organization. Over the last 10-15 years it has become much more widespread, especially for the younger athlete. Sports performance training has its roots in weight training but beginning in the late 1990s and early 2000s the emphasis shifted much more to functional ground-based training. Strength training is still a key ingredient but training the body in movement patterns specific to each sport allows that strength to be focused or integrated more productively towards helping the athlete perform better. It is now more likely to see a gym filled with medicine balls, resistance cords, tractor tires, and open space for ground based drills versus the gyms of old which were dominated by multiple squat racks and bench press stations.

You can look at performance enhancement training a few different ways but it breaks down into a few categories:

- **Running performance:** Most sports are ground-based and thus establishing quality running is one the most important aspects for nearly all athletes. Treadmills are often used as they offer the convenience to adjust speed and elevation, have standby instruction from a trainer, and they allow the use of video for analysis and feedback. Ground based run training is also incorporated in which resistance cords are commonly employed along with drills to promote the development of key components of running. Personally, I have found extra attention to posture along with training the swing phase, or lifting phase, is of particular benefit.

- **Jump performance:** Often called plyometrics, jump training involves a wide variety of drills to promote reactive explosion along with the ability to land under control (acceleration and deceleration), which is crucial to injury prevention.

- **Agility performance:** Agility drills promoting quickly changing direction under control is often married to plyometric training as the muscle actions are similar. Again the use of resistance cords is often employed to help advance performance.

- **Sport skill performance:** Movement analysis and training allowing athletes to be able to throw, hit, shoot, swing with better technique. Video and movement analysis programs offer highly valuable feedback which allows individuals to see their faults/strengths and compare what they do to higher level athletes. This type of training is referred to as modeling. The background and knowledge of the trainer/coach is key as you cannot go to school to learn how to teach someone how to throw properly.

- **Functional sport specific strength training:** Strength training which promotes and compliments quality sports movement. These exercises typically involve training of key areas which are often neglected in common gym training. One example would be to train the scapula and trunk rotation muscles for a baseball player. Integration is another goal, which simply means the exercises require multiple areas of the body to work as a team. Performing a squat while on one foot is an example as it requires the hips and core to work as a team with the leg muscles to maintain stability.

As you can imagine the quality of the trainer/coach is critically important. Any typical fitness instructor can stand next to a treadmill saying “go/stop” or tell an athlete how many times to perform a jump drill but being able to spot and coach quality movement is another matter. A good trainer/coach should have sports background knowledge, the ability to identify quality movement patterns, and have experience working with athletes and coaching movement. Personally, I was lucky enough to work at a sport enhancement training facility for a number of years which allowed me to gain experience working with thousands of athletes at all levels of performance, in all manner of sports, with a wide variety of performance goals.

Because it can be tailored to fit the specifics of each sport and individual differences/goals, the benefits of sports enhancement training can be significant for an athlete. Having been an athlete, I know I would have jumped at the chance to have someone help me improve technique and better prepare for my upcoming sport.

If you are interested in Pearson Physical Therapy's Sports Performance Training you can find more information at www.pearsonpt.com or feel free to call 308-872-5800 and talk with Andrew.

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SPORTS PERFORMANCE TRAINING

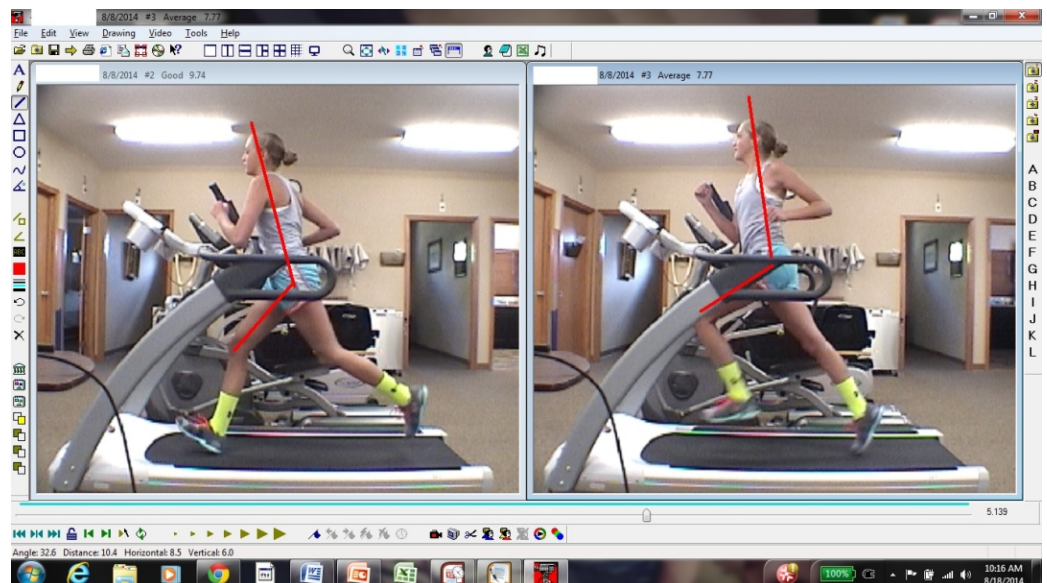


Package includes:

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**Call Andrew Mason, A Physical Therapist and Sports Enhancement Trainer
at 308-872-5800 or go to www.pearsonpt.com for more information**