

BACK IN THE GAME

return-to-sport program
trains two times each week.

Classes are either Monday/Wednesday or
Tuesday/Thursday for 45–60 minutes.

The cost of the program is \$120/month
and is not covered by health insurance.
Participants receive pre- and post-program
assessments and a free T-shirt.

Initial assessments, group assignment
and program orientation is done at the
beginning of each month. Participants will
be given advance notice of any program
time changes.

**FOR MORE INFORMATION
AND REGISTRATION CALL**

**The Training Room
715-247-5770**



OSI Physical Therapy
709 Rivard Street
Somerset, WI 54025

www.osipt.com
www.thetrainingroomwi.com

BACK IN THE GAME Return to Sport Program



A Service of OSI Physical Therapy and The Training Room



*The caring you want.
The expert care you need.*

Getting back in the game after an injury
requires skill, athleticism, and...

confidence

GET BACK IN THE GAME.

A return-to-sport program

OSI and The Training Room have teamed up to create a program that combines sports physical therapy and performance training to help injured athletes GET BETTER and GET BACK to their previous competitive level of play.

BACK IN THE GAME offers low cost, supervised group training that is provided by physical therapists and certified strength and conditioning specialists. Designed to assure a smooth transition back into competitive sport and to prevent costly re-injuries, the program offers measurable results.

Injured athletes must meet the initial criteria for participation that assures safety and a smooth transition from in-clinic rehabilitation to the rigorous training required for the return to high intensity sport activity. An initial pre-program assessment provides objective measures as a baseline for improvement and results in assignment to one of three progressive phases.



BACK IN THE GAME.

Training for lower extremity injuries involves:

PHASE I: BASIC STRENGTH AND PROPRIOCEPTION

This phase provides the foundation upon which advanced movement and skill training is based. Fundamental strength, balance, and coordination drills are used, starting in stationary postures and then progressing to movements with proper body alignment and control.

PHASE II: DYNAMIC STRENGTH, ENDURANCE, AND COORDINATION

Progression to Phase II requires that the participant meet the object criteria for higher level impact activities. Jumping, running, shuffling, and hopping activities are introduced in a progressive manner from simple to complex, and additional strengthening and sport-specific cardiovascular conditioning are included.

PHASE III: ATHLETIC ENHANCEMENT AND RETURN-TO-SPORT

The intensity of this phase replicates the rigor of the participant's sport. Speed, agility, change of direction, plyometrics and sport-specific movements are used to eliminate apprehension and to restore control and confidence in sport performance.