



“...run faster, jump higher, move quicker, last longer... simply perform better...”



Dr. Don Miller, PT, DPT, MS, CSCS, Owner, Cleveland Physical Therapy Associates & Prescription Fitness, has clinics in Shelby, Kings Mountain and Boiling Springs, NC. He has practiced as a Physical Therapist and a Nationally Certified Strength and Conditioning Specialist for over 21 years.

## CPTA Sports Performance Training

HOW CPTA CAN HELP YOU PERFORM BETTER

**EVERY ATHLETE WANTS TO RUN** faster, jump higher, move quicker, last longer, push stronger, and simply perform better. Regardless of whether you compete as a professional, collegiate, youth, or recreational athlete, increased performance is the ultimate goal. Top athletes understand the impact that physical conditioning has on performance. However, they often lack the know-how to change the aspects of their conditioning in ways that will allow them to excel in their respective sport. If we desire to perform better at a particular task, we must train in a way that mimics the specific movements, speed, and duration required for that task.

Sports Performance Training is an athletic enhancement program scientifically designed to identify and improve deficiencies, prevent injury, and elevate your athletic performance by increasing your speed, agility, strength, power, flexibility, and balance. Sports physical therapists possess the knowledge and skills required to complete a comprehensive evaluation of the neuromusculo-skeletal and cardiopulmonary systems in order to develop a plan of care specific to the needs of competitive athletes.

Beginning the summer of 2009, Cleveland Physical Therapy Associates will be expanding its services to include Sports Performance Training for the athletes of Cleveland County and surrounding communities. The sport-specific program will be customized to address the individual strengths and weaknesses of athletes. We will employ comprehensive training methods designed to provide optimal speed, agility, explosion, balance, power, functional and sport-specific strength, core stability, and recovery.

Our techniques are based on the latest research and proven programs that have been successful for numerous top-level athletes. As orthopedic specialists, we have the ability to perform specific

evaluations, assess biomechanics, carryout functional movement screenings, and recognize correct body positions and movements against those that could potentially cause injury. As clinical experts, we also have the knowledge to transition an athlete with a previous or current injury, back onto the field and into playing condition while minimizing the threat of re-injury. In recent months, staff physical therapists Dr. Aaron Wheeler, DPT, MOTR/L and Dr. Noah Zacharko, DPT, MPT have been applying this approach with Cincinnati Reds' outfielder Norris Hopper and Colorado Rockies' minor-league pitcher Tyler Trice with excellent results.

During his 22 years as a licensed physical therapist and nationally certified strength and conditioning specialist, Don Miller, PT, DPT, MS, CSCS has served as a team physical therapist for the NHL's San Jose Sharks, strength and conditioning consultant for the NHL's Chicago Black Hawks, and has provided physical therapy services for Olympic athletes and professional athletes from the NBA, MLB, and NFL.

The staff at CPTA also works closely with area schools and Gardner-Webb University's Athletic Training Program to assist in providing care for student athletes and education for aspiring athletic trainers.

If you are interested in getting started, or to learn more about our services, call our main office at (704) 471-0001. \*

