

Bridge Training: Post-Therapy Return-to-Play

Bridge Training is the post-therapy training program for student and adult athletes who need additional conditioning for a safe return-to-play. This partnership with Rochester Hills Orthopedics & Sports Medicine provides athletes with additional resources to prepare for the speed, agility and strength rigors of competition.

All training sessions will begin with an evaluation of movement throughout the kinetic chain at the ankles, knees, hips, shoulders and neck. Training protocols will adapt each session based on client performance progression. The end result is a confident and healthy return-to-play!

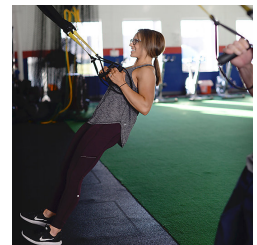


ACL Repair

- Transition from lateral to rotational movement
- Running mechanics adjustment
- Conditioning of non-injured leg to avoid additional injury
- Cutting and agility drills mastery

Shoulder Mobility (frozen scapula, biceps tendonitis, labrum repair)

- Stretching exercises to enhance movement
- Foam rolling to inhibit overactive/dominant muscles
- Posterior strength drills to establish braking mechanics
- Multi-directional exercises to enhance movement efficiency



Lumbar-Pelvic-Hip Dysfunction

- Evaluation of kinetic chain movement to identify muscle dominance
- Stretches to lengthen tight (shortened) muscles
- Foam rolling to inhibit overactive/dominant muscles
- Activation Drills to stimulate core muscles

Ankle Instability

- Flexibility and strength assessment of hip and ankle
- Evaluation of running and braking mechanics
- Stabilization and Endurance strength training
- Mobility exercises to increase movement efficiency



6-sessions to promote a safe return to performance training

*Session 1 = 60-minute private training
Sessions 2-6 = 60-minute small group training*

Contact Chip Werner at 248-844-3913 or coachchip@startinglinehealthandfitness.com to schedule your first session!

