

UW Medicine

Injury Prevention and Performance Program

At UW Medicine Sports Medicine Center

This handout explains the Injury Prevention and Performance Program at the UW Medicine Sports Medicine Center at Husky Stadium.

What is the Injury Prevention and Performance Program?

The Injury Prevention and Performance Program is for athletes who want to reduce their injury risk. The program will assess your physical weaknesses and imbalances. You will then receive an exercise plan geared to help you gain neuromuscular control, strength, flexibility, and stability.



What can I expect?

The goal of the program is to help you continue full athletic activity in a safe manner.

The Injury Prevention and Performance Program is for athletes who want to reduce their injury risk.

Come to the Sports Medicine Center in clothing and shoes that you feel comfortable exercising in. At your first session, you will:

- Talk with our athletic trainer about your goals and medical history
- Complete a series of tests that assess your movement patterns, neuromuscular control, and strength

You and the athletic trainer will then create a plan that uses specific exercises to address your weaknesses and help you meet your goals. Your customized plan will include movement corrections, strength training, and exercises that will help you improve in your sport and reduce your risk for injury.

Your first appointment at the Sports Medicine Center will last 1 hour. Follow-up visits last 45 minutes.

Who can sign up for the program?

This program is for athletes who want to:

- Reduce their risk for injuries
- Return to or continue participating in their sport

What are other options?

You can also work with a personal trainer. But, most personal trainers do not have the medical background or education that athletic trainers have.

Is this program covered by insurance?

This program is not covered by insurance. The first session is \$110. Follow-up visits are \$60.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports
Medicine Center: Call
206.598.DAWG (3294) and
press 8.