Training tailored to you

Sports and fitness are essential parts of a healthy lifestyle. The dedicated sports performance program at Northwestern Medicine Orthopaedics helps athletes of all levels increase their success on the field, ice or court.

Complete with state-of-the-art technology and offering advanced therapies, our 2,400-square-foot facility features space for classes and individual training utilizing weights, cardio equipment, suspension straps, total-body resistance equipment, agility ladders and much more. Northwestern Medicine athletic trainers and certified group/personal fitness instructors are dedicated to providing comprehensive care to help you maximize your performance.

To learn more or to register, call 630.315.8764. To reserve your place in class, prepayment and preregistration are required.

Northwestern Medicine Orthopaedics
27650 Ferry Road
Warrenville, IL 60555
rmg.nm.org
**Dartfish Motion Analysis**

Dartfish Motion Analysis software is a unique technology for biomechanical analysis. Specifically designed to measure the body in motion, Dartfish Motion Analysis provides detailed information about improper body mechanics, existing muscle imbalance and gait. This leading-edge technology gives athletic trainers and physical therapists the ability to detect issues that could interfere with overall performance. This feedback allows you to make immediate changes, on the spot, during training time. As a result, workouts are more efficient and individual athletic improvement may take less time.

Dartfish can be used for golf swing, pitching, tennis swing and running analysis.

This analysis also includes a functional movement screen which is designed to identify compensatory movement patterns that are indicative of increased injury risk and inefficient movement that causes reduced performance.

**Dartfish Analysis Basic**: approximately 90 minutes and includes a home exercise program, video analysis, consultation and a functional movement screen.

**Dartfish Analysis Plus**: approximately 90 minutes and includes a home exercise program, video analysis, consultation, and a functional movement screen. This also includes a follow-up visit of approximately 30 minutes.

**Performance Enhancement**

(one-on-one or group training sessions available)

This program is individually designed to help you improve speed, agility and power specific to your sport. Athletes today need a competitive edge to stand out and compete at the next level. Enhance your skills and become better, faster and stronger with our program. Our sports performance team will design an individual or group program specific to your needs to maximize results. Call us at 630.315.8764 for more information.

**Massage Therapy**

Please call us at 630.315.8764 for prices and scheduling options.

**HIIT (high-intensity interval training)**

Intended for both the athlete looking to improve performance as well as the weekend warrior, this 60-minute workout focuses on full-weight strength and conditioning utilizing straps, kettlebells and weights. This class will incorporate intense bursts of exercise followed by short, active recovery periods to activate excess post-exercise oxygen consumption. This approach will help you access your anaerobic zone, burning more fat and calories.

Monthly registration includes two sessions per week for four weeks. Classes run 60 minutes per session.

**ACL Bridge Program**

Designed for athletes of all ages, the ACL (anterior cruciate ligament) Bridge Program picks up where formal physical therapy leaves off. This is an appropriate class typically for those individuals 11 to 14 weeks post surgery, based on functional protocol recommendations, once physician clearance has been received.

Our medically based program uses dynamic lower-extremity assessments to track and optimize movement patterns to enhance sports-specific abilities to fit your needs.

Our goal is to transition you back to full recreational/sports activities without limitations.

This three-phase program is broken down into eight sessions per phase for a total of 24 visits. You will train two sessions per week for 60 minutes to develop unilateral leg strength and power, multidimensional movements, plyometric mechanics, neuromuscular control and core stability.

Phase 1 = month 3 to 4 post-operative
Phase 2 = month 4 to 5 post-operative
Phase 3 = month 5 to 6 post-operative
**NM Golf Performance Academy**
Are there areas in your golf game that limit your success on the course? As a golfer, it is easy to neglect the most important part of the sport—your own body. Physical limitations in a golfer’s body can adversely affect the golf swing and lead to injury.

At Northwestern Medicine, our desire is to keep you healthy and out on the course. Our Titleist Performance Institute (TPI) certified professional can help identify physical limitations through a golf-specific functional screening.

With the help of K-Vest 3D and Dartfish Motion Analysis software—technology designed for biomechanical analysis—we can isolate and identify physical limitations that may be causing inefficiencies in your swing and help you master simple solutions to get power back in your golf game.

Call us at 630.315.8764 to determine which golf option is best for you.

**A. TPI Certified Movement Evaluation**
To achieve a safe and efficient swing, a golfer must first be screened. This screening includes an assessment of swing mechanics and biomechanics, movement quality, physical fitness and client history. The screening is designed to identify areas of dysfunction in the body-swing connection that can ultimately lead to injury. The TPI certified professional will then provide you with the results of the screening and a home program to begin correcting your movement dysfunction. This session takes approximately 60 minutes and includes an evaluation, home exercise program, and consultation.

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**ACL Sports Performance Program**
Designed for athletes of all ages, this program caters to the individual who wants to work on proper strengthening and mechanics to achieve maximum performance and efficiency in a specific sport while learning how to avoid injury.

This program is broken down into 60-minute sessions lasting four weeks. For maximum effectiveness, a minimum of two sessions per week is encouraged.

**Total Hip Arthroplasty/Total Knee Arthroplasty/ Total Shoulder Arthroplasty Bridge Program**
Looking to get back to your game after a major surgery? The Total Joint Replacement Bridge Program is designed to bridge the gap between physical therapy and your return to athletic activity. This program will help ensure your safe and effective return to an active lifestyle, taking you through stabilization and mobility training, as well as core and individualized strength training to increase joint and muscle integrity. We provide activity/sport-specific guidance to each client with one main goal: to eliminate dysfunction and help you safely and confidently transition back into the activities you enjoy.

This program is broken down into 60-minute sessions, lasting four weeks. For maximum effectiveness, at least two sessions per week are encouraged.
B. Biomechanical Golf Evaluation - Understand how your movement patterns directly affect your swing by having a TPI certified professional perform a movement screening and a Dartfish Swing Recording. Our professional may utilize K-Vest 3D technology as needed in conjunction with Dartfish Motion Analysis to break down your body-swing connection. With the results of the screening, 2D swing capture and 3D movement analysis, the TPI certified professional will create an individualized home program to maximize your performance. The session takes 90 to 120 minutes.

C. Golf Functional Movement Assessment - If injury or pain is hindering your performance on the course, you can’t afford to ignore it. Our TPI certified professional is trained to navigate the complexity of golf-specific injuries using a detailed screening process. The screening will be able to pinpoint the exact cause of your musculoskeletal dysfunction and identify injury-inducing swing mechanics contributing to your pain. After the screening process, the TPI professional will be able to provide solutions, through golf-specific rehabilitation, to help get you healthy and back on the course. This session will be approximately 90 minutes and includes a selective functional movement assessment, Dartfish Video Analysis and a home exercise program.

D. Golf Fitness Training - Spanning from the average golfer to the competitive golfer, this program caters to those who desire increased strength, speed, mobility and stability in their game. You will be screened by a TPI certified professional using K-Vest 3D and Dartfish Motion Analysis, and then prescribed an individualized golf-specific strength and mobility program. Exercises are aimed at getting you fit to play the game at your highest level, without causing injury. One-on-one training is provided with the TPI certified professional to maximize your results. Sessions are approximately 60 minutes.
Golf Fitness - team training
Team training allows five or more athletes to train together under the supervision of Sports Medicine staff. Each session is one hour, held twice a week for four weeks. A minimum of five athletes per class is needed, as well as a prior TPI certified movement evaluation performed on each athlete. Golfers are encouraged to train two sessions per week for a minimum of four weeks.