

SHOULDER U INJURY PREVENTION PROGRAM

New West Physical Therapy is offering a comprehensive shoulder/elbow injury prevention program for Youth (grades 6-12) athletes.

Doug Cooper is a certified athletic trainer with experience working with the UNK Baseball team (2009-2011). This program was developed based on the success he had keeping his athletes on the field using "prehabilitation" (Preventative rehabilitation).

Every year thousands of youth athletes suffer season ending injuries. Research has shown that most shoulder injuries are a result of decreased rotator cuff strength and endurance, instabilities, mechanical faults and hip/core weakness.

Shoulder U is a program designed to prevent shoulder/elbow injuries and improve performance for overhead/throwing athletes through:

- ✓ Proven rehabilitation protocols catered to the overhead athlete
- ✓ Identifying weaknesses and personalizing rehabilitation to address associated risks.
- ✓ Proper warm-up, stretching and weight training
- ✓ Combinations of core strengthening, balance, proprioception, and plyometrics
- ✓ Emphasis on strengthening posterior shoulder/back musculature
- ✓ **Mechanics analysis performed by former UNK player and pitching coach Jason Miller**
Doctorate degree only



SHOULDER U DETAILS

WHERE: New West Physical Therapy, Kearney

WHEN: By Appointment, Monday-Friday
June 1st and ending July 29th

COST:

Bachelors Degree **\$75**

- 1 hour evaluation of shoulder/hips/core
- 2 - 30min Corrective Exercise Treatment
- Comprehensive Off-Season Program

Masters Degree **\$120**

- 1 hour evaluation of shoulder/hips/core
- 8- 30min Corrective Exercise Treatments
2x/wk for 1 month
- Comprehensive Off-Season Program

Doctorate Degree **\$150**

- 1 hour evaluation of shoulder/hips/core
- Mechanical analysis by former UNK pitching Coach Jason Miller
- 8- 30min Corrective Exercise Treatments
2x/wk for 1 month
- Comprehensive Off-Season Program



SHOULDER U BENEFITS

- ✚ Reduced risk of season ending injuries through dynamic strengthening of shoulder, hips and core
- ✚ Improved endurance, strength and velocity
- 👍 Proprioceptive training to initiate proper mechanics
- ✓ Personalized instruction followed by off-season strengthening programs designed using latest research in injury prevention

WHY SHOULDER U?

- 👍 Chronic injuries in youth athletes have increased rapidly over the last decade
- 👍 Along with proper rest and monitored volume, prehabilitation can drastically reduce the risk of chronic injury and improve performance
- 👍 Developing athletes often lack the comprehensive shoulder/core/hip strength needed to avoid chronic injury
- 👍 Lower rates of chronic injuries

SHOULDER U REGISTRATION

Name: _____

Parent/Guardian: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone #: _____

Birthdate: _____ Age: _____

Bachelors _____ Masters _____ Doctorate _____

Pre-existing medical conditions?

Call Doug Cooper at **785-543-7751** to register
or email at **dcooper@newwestpt.com**.

Waiver of Liability

New West Orthopaedic and Sports Rehabilitation
Shoulder U Injury Prevention Program
WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to participate in the New West Orthopaedic and Sports medicine Shoulder U Injury prevention Program, I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE New West Orthopaedic and Sports Rehabilitation, the Board of Directors of New West Orthopaedic and Sports Rehabilitation, their officers, agents or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage or injury, including death that may be sustained by me, or to any property belonging to me, while participating in such activity, while in, on or upon the premises where the activities are being conducted, REGARDLESS OF WHETHER SUCH LOSS IS CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise and regardless of whether such liability arises in tort, contract, strict liability, or otherwise, to the fullest extent allowed by law

I am fully aware of the risks and hazards connected with the activities of New West Orthopaedic and Sports Rehabilitation Shoulder U Injury Prevention Program, and I am aware that such activities include the risk of injury and even death, and I hereby elect to voluntarily participate in said activities, knowing that the activities may be hazardous to my property and me. I understand that I am not required to participate in this activity and **have been medically cleared for participation.**

IN SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least nineteen (19) years of age or am the legal guardian of the participant under the age of nineteen (19) and fully competent; and I execute this Agreement for full, adequate and complete consideration fully intending to be bound by same.

I HEREBY CERTIFY that I have personal health insurance, My insurance company is : _____

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this _____ day of _____, 20_____.

PARENT/GAURDIAN SIGNATURE

ABOUT SHOULDER U

- **Shoulder U** is a program developed by Doug Cooper, an Athletic Trainer at New West Physical Therapy, using past experience as well as the latest research.
- **Experience:**
 - ✓ Doug worked with the UNK baseball team from 2009-11 and developed a program that kept athletes healthy and competitive
 - ✓ Many years specializing in rehabilitation for the overhead athlete.
 - ✓ Incorporated knowledge/experience from physical therapists at New West PT
- **Mechanics Analysis:** **Doctorate program Only*
Throwing mechanics are evaluated by former UNK pitcher and pitching coach **Jason Miller**
- What **Shoulder U WILL** do:
 - ✓ Reduce the risk of chronic shoulder/elbow injuries
 - ✓ Develop strength, endurance and velocity and improve performance
 - ✓ Initiate exercises based on strength imbalances and mechanics
 - ✓ Provide off season weight training alternatives to minimize future risks
- What **Shoulder U WON'T** do:
 - ✓ The athletic trainer will not coach participants in throwing mechanics. Our purpose is to initiate proper form through preventative exercise and flexibility.
 - ✓ *Enrollees in the Doctorate program will receive analysis and recommendations from our affiliate coach.

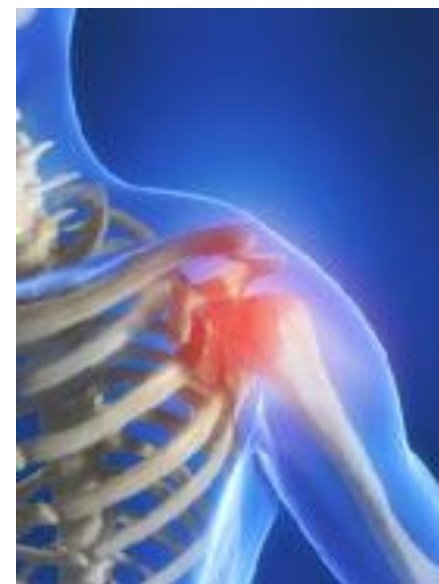
Call to Register Today
785-543-7751

Dcooper@NewWestPT.com



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