

S.O.A.R.

(Sport and Orthopaedic Advanced Reconditioning)
Sport Program



What are you working towards ?

At the Vanderbilt Orthopaedic Institute (VOI) we understand that your goal in recovering from an injury is not simply to step back onto the field or court. You want to perform at your best, to reach your true potential. Whether you are a recreational athlete looking for the next game of pickup basketball or a world-class athlete with dreams of one day winning an Olympic gold medal; the staff at the VOI Fitness Center are committed to helping you reach your goal.



The S.O.A.R. Program (Sport and Orthopaedic Advanced Reconditioning) serves as a supplement to the activities you are performing or have performed in physical therapy. The S.O.A.R. Program is not a replacement for physical therapy; it is a total body approach incorporating areas beyond the initial injury site to achieve optimal conditioning for returning to play.

A Medical Approach

What sets the S.O.A.R. Program apart from other sports strength and conditioning programs is the medical background upon which the program is based. Instead of designing a program “around” an injury, the S.O.A.R. Program begins with the injury and builds a program to enhance your recovery and return to play. The S.O.A.R. Program allows for a smoother and more complete progression back to the “playing field” through strength and conditioning activities that complement the activities of your therapy.



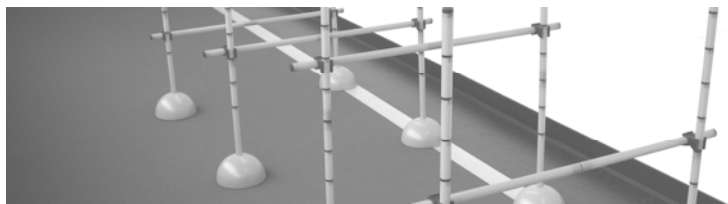
Injury Prevention

The S.O.A.R. Program not only functions to allow you to recover fully from your current injury but works to help prevent future injuries by improving your overall conditioning, improving balance and body positioning, correcting muscular imbalances, and enhancing sport specific skills.

Individualized

Fundamental to the S.O.A.R. Program is the individualized training, tailored specifically to your goals and the specific requirements of your sport/position. Athletes returning from injury are unique and no one strength and conditioning program will be successful for every athlete. Even athletes recovering from the same injury have different physical needs as they work to return to play. The S.O.A.R. Program begins with the individual athlete and creates the training program best suited for that athlete. Your unique reconditioning program will be designed based on your initial evaluation, your goals as an athlete, and the specific physical requirements needed to excel in your sport and position.





Evaluation / Testing

During the initial session, all participants undergo a comprehensive evaluation including:

- Height, Weight, and Body Composition
- General Balance and Stability
- Speed, Agility, and Coordination
- Muscular Strength, Power, and Endurance
- Core Strength and Stability

This data is analyzed to identify individual areas in need of improvement. The initial evaluation also serves as an objective baseline for comparison as an individual progresses through the program and prepares to return to full sport participation. The specific tests/measures included in the initial evaluation will be determined by the injury/diagnosis that an individual is being seen for (or was seen for) in therapy.

Participants will undergo retesting at appropriate intervals (at minimum every 10-12 sessions) as part of their individual one-on-one sessions.

One-on-One Sessions

The cost of each one-on-one session is \$20.00 (Approximate Time - 45 minutes)

Session duration indicates the time spent one-on-one performing focused/directed activity. To get the most out of the program, participants are expected to arrive, change, and complete a prearranged warm-up prior to their scheduled session time.

Initial Session: (approximately 60 minutes) Will include evaluation/testing and instruction regarding expected warm-up to be performed independently by participant prior to each subsequent one-on-one session.

General One-on-One Sessions: (approximately 45 minutes) Focused/directed activity based on testing results, requirements of sport/position, and individual goals.

Retesting Session: (approximately 45-60 minutes) Will include retesting followed by focused/directed activity based on previous progression and initial results of retesting.

Facility Use

S.O.A.R. participants who are not members of the VOI Fitness Center have access to the facility during their one-on-one sessions only. Participants should check in at the fitness center desk before beginning their pre-session warm-up.

S.O.A.R. participants who are VOI Fitness Center members have regular access to the facility during normal working hours. Members participating in the S.O.A.R. program will also be provided with specific individual workouts to complete on their own between one-on-one sessions.

Getting Started

Please stop by the VOI Fitness Center desk and pick up a S.O.A.R. program packet (includes background information, health history questionnaire, etc.). Packet should be returned to the VOI Fitness Center desk to be reviewed by S.O.A.R. program coordinator prior to scheduling initial session.

Questions?

Interested in obtaining more information regarding the S.O.A.R. Program

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