



Your 'Competitive Edge' Team

Kewanee HOSPITAL

REHABILITATION SERVICES

Competitive Edge

Kewanee Hospital's Sports Enhancement/ Acceleration Program

PROGRAMS

1. Fitness Program
2. Sport-Specific Training

PACKAGES

1. One-on-One Sessions
2. Group/Team Sessions

RESULTS

- | | |
|------------------------|------------------------|
| 1. Max Improvement | 3X/Week for 6+ Weeks |
| 2. Average Improvement | 2-3X/Week for 4+ Weeks |
| 3. Some Improvement | 1-2X/Week for 3+ Weeks |

AVAILABLE EQUIPMENT EXAMPLES

- | | |
|-------------------------|----------------------------|
| - BIODEX BALANCE SYSTEM | - SHUTTLE 2000-1 |
| - BTE PRIMUS | - SPORTS-GRADE TREADMILLS |
| - RECUMBENT BIKE | - UPPER BODY CYCLE |
| - FREE WEIGHTS | - UNIVERSAL WEIGHT MACHINE |

FITNESS PROGRAM

- *Assess weaknesses in strength, stability, and flexibility.
- *Utilize cutting edge training methods to improve overall performance weaknesses.
- *Baseline measurements will be compared to post program measurements to show improvement.

SPORT SPECIFIC TRAINING

BASEBALL/SOFTBALL

- *Bat Speed
- *Pitching and Throwing Strength
- *Speed, Quickness, Agility
- *Ankle/Knee Stability

BASKETBALL

- *Vertical Leap
- *Speed, Quickness, Agility
- *Ankle/Knee Stability
- *Muscular Endurance

VOLLEYBALL

- *Hand-Eye Coordination
- *Quickness
- *Vertical Leap
- *Muscular/Cardiovascular Endurance

FOOTBALL

- *Speed, Quickness, Agility
- *Core Strength
- *Explosive Power
- *Grip Strength
- *Muscular Endurance
- *Ankle/Knee Stability

TRACK & FIELD

- *Speed, Quickness
- *Vertical/Horizontal Leap
- *Muscular/Cardiovascular Endurance
- *Flexibility
- *Core Strength

*Flexibility

- *Ankle/Knee Stability
- *Core Strength

WRESTLING

- *Core Strength
- *Grip Strength
- *Static Muscular Endurance
- *Explosive Power
- *Ankle/Knee Stability