



PUNE SPORTS INJURY PREVENTION PROGRAM

An unique and comprehensive training program to enhance performance & prevent sports & exercises related injuries

“YOU PLAY THROUGH PAIN, BUT YOU STOP DUE TO INJURY”

Program Highlights



Sports Orthopedic Surgeon :

The Sports Orthopedic Surgeon will help to find the deficiencies in the INTERNAL factors like posture, gait, limb alignment, muscle strength, balancing, landing, etc., and create a road map for training as per the need of the Individual

Sports Physiotherapist :

The Sports Physiotherapist will work on the deficiencies as a part of PREHABILITATION. This will also optimize the person for further Sports Specific training in the program.





Strength & Conditioning Coach :

The Strength & Conditioning Coach will be targeting Sports Specific Functional workouts. This module will follow exercises for the KINETIC CHAIN OPTIMIZATION. This module will be customized exclusively for the individual as per the need and the Sports involved

Injury Prevention Instructor:

The Injury Prevention Instructor would be the key person in teaching Sports Specific injury prevention drills. These drills are far different from the traditional warm-up program that entirely focuses on stretching. It will contain a scientifically proven set of sports-specific exercises which will prevent the injuries



Sports Nutrition :

Nutrition is the 'SOUL' of any physical training program. In nutrition, the importance is NOT ONLY on the food you take as a part of your diet BUT ALSO on the timing at which it has to consume. The diet requirement during the preparation of the competition and the actual competition is different. Also, diet changes during the recovery phase from the injury. Our SPORTS NUTRITIONIST will prepare a diet program suitable to a candidate as per the SPORTS/ TRAINING involved from easily available food options on a daily basis.

CALL TO ENROLL FOR THE PROGRAM

DR. YOGESH SISODIA

M.S (Orthopedics)

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