High School Combine

Helping high school athletes stay in motion

LOCATION:

Milford High School Gym

DATE/TIME:

May 31, 2017   10 a.m. – 2 p.m.

At the forefront of orthopaedic injury management is the implementation of lower extremity baseline testing in high school athletic programs, much like baseline testing for concussion management. This baseline lower extremity orthopaedic testing allows for:

- Potential injury risk recognition and retraining
- Provides comparison of an injured athlete's data to their pre-injury norm to allow for safe return to play

Pre-Injury Testing

Baseline testing refers to evaluating the athlete under normal conditions before an injury occurs. The baseline battery of tests provides a functional assessment of the performance characteristics needed in high intensity running and cutting sports. This testing can be performed on-site in a "combine" style format.

The Mercy Health team of sports medicine professionals will work in conjunction with your strength and conditioning coach, athletic trainer and coaching staff to perform the following tests on your athlete:

- Davies Lower Extremity Functional Test
- Modified Agility T-test
- Modified Pro Shuttle
- Hop Test Battery (Single, Triple, Triple Crossover, 6M Timed)

Post-Injury Testing

In the event an athletes sustains a lower extremity orthopaedic injury, the same tests can be utilized to determine how well recovered they are. The tests compare the post-injury results to the athlete's established healthy baseline.

Injury Risk Recognition

Test data will allow the strength and conditioning coach and athletic trainer to detect possible physical weaknesses that could lead to a potential lower extremity injury in the athlete. Once identified, the Mercy Health team of experts along with the school coaches can devise a program especially for your athlete to address these deficits to limit the risk of injury.

MERCYHEALTH
Orthopaedics and Sports Medicine

IGNITION

SPORTSMETRICS

A Catholic healthcare ministry serving Ohio and Kentucky