

Helping you
reach your
performance
goals!

WILLIAM CLAY FORD
Center for Athletic Medicine



Henry Ford Sports Performance Program

Training

Sports performance and return to sport training

Our Sports Performance Specialists work closely with our state-of-the-art biomechanics labs to get the most effective program designed for you. We use this technology along with movement exams to evaluate how you move, to help you recover fully from your injury or to give you a competitive edge.

Our programs include:

- **Sports Performance Training** – Daily sessions that include preparation, movement skills, strength training, energy systems training, and recovery.
- **Return to Sport** – Modified sports performance programming tailored to the needs of the athlete returning from injury/rehab.
- **GolFit** – Package sessions that include TPI physical assessment screen, dynamic warm-up that can be used on course and guided performance program specific to golfers.

Testing

Sports Performance Lab

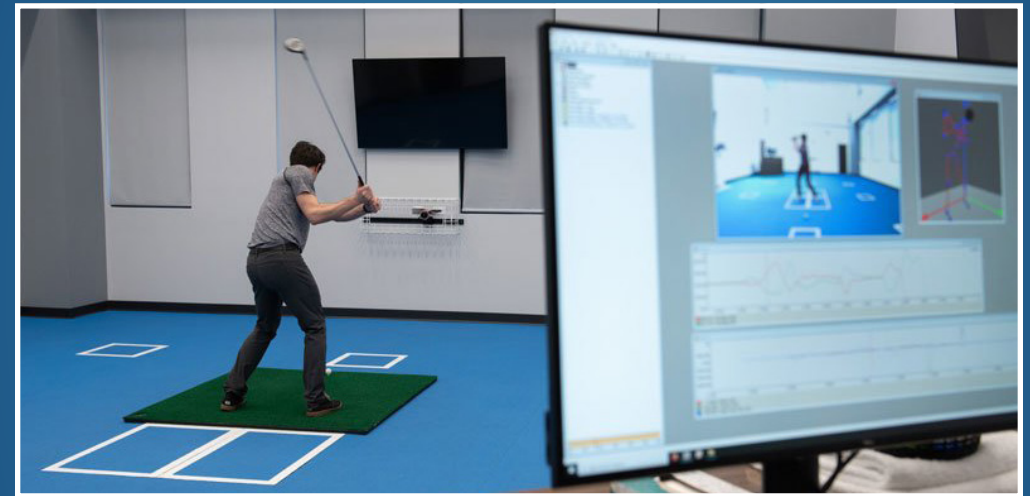
- Movement evaluation
- 2D/3D motion capture
- Force plates
- Speedzone

Gait Lab

- Movement evaluation
- 2D/3D motion capture
- Instrumented treadmill

Human Performance Lab

- Cardiovascular stress test
- Max exercise testing (VO2max)
- Body composition testing
- Consult with exercise physiologist



Recovery

Sports Performance recovery services

When you need to recover we have the services to get you back up and running:

- Normatec sleeves
- Cryochamber
- Laser therapy
- Instrumented assisted soft tissue mobilization
- Guided regeneration sessions

Center for Integrative Medicine

- Acupuncture
- Massage
- Dry needling
- Chiropractic



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