



Spring, 2009

Hello Oak Brook Soccer Club Athletes, Coaches, and Families!

Thank you for the opportunity to be a part of Oak Brook Soccer Club! Congratulations on the decision to take an active role in your health and endurance sports performance. My staff and I would like to introduce ourselves to you. My name is Gina Pongetti and I am the co-owner of OccuSport Physical Therapy and Director of our Soccer Developmental Outreach Program. Together with Alison Pfister, PT, Jennifer Skaling, PT, Elisa Fasano, DPT, Dana Jones, MPT, ATC, Sami Ung and Mike Brockway, ATC's, and our wonderful staff, we are proud to present to you a comprehensive program for all aspects of health care including prevention, treatment, off-season training, and other medical information.

We are here for you, no matter what the injury, or question- in season, and out of season. Additionally, we are so excited to be a part of a group of motivated and talented individuals. I have known Coach Mike for years, and have worked closely with him in treating so many of his athletes to rehabilitate injuries, help to differentially diagnose injuries, refer families to wonderful physicians, as well as interact with many staff members for injury prevention lectures! We love being a part of this community, and seeing the athletes flourish in their sport. However, this is not possible, of course, without being healthy, strong, and agile. And, that is where our sponsorship relationship comes to shine. Below you will see some of the benefits that you will receive working with our organization. Hopefully, you will be able to trust us completely with the care of your athletes, use us as first responders in non-emergency cases, and see the results with expedient return to play after injuries- no matter how big or small. You will also see us present at practices, board meetings, and games- making sure that we are treating as holistically as possible, managing injury patterns, and providing the most comprehensive medical program for your organization!

Benefits

- Injury evaluation – small or large problems, pre surgical evaluation
- Recommendations to top MD's in area, specializations that they have. We have already filtered them
- If we evaluate you first, we can communicate with MD (call, note, fax) to make your appointment more valuable
- You will be seen by rehab professionals at the top of their field, specializing in the treatment of adolescent athletes (PT and ATC's), respected nationally for research, writing, and treatment protocols.
- Clinic/Endurance sports director Gina is an instructor with Active Release Techniques (See Soccer Treatment Handout) as well as served on staff for over 10 Ironman races including World Championships in Kona, HI. She is also an Ironman Kona Finisher! Gina has worked on many of the nation's top professional athletes on site at races and through educational lecture series and publications. She also was an accomplished gymnast and is on National Medical staff for USA Gymnastics as well. Jen is a full certified ART provider as well, and is currently heavily involved in triathlon, master's swimming and running races as well. We have ATC's and PT's that have played soccer and understand the intricacies of the sport, rehab, and re-entry to play.

What we offer you as a club- all members:

- Meetings for all athletes on specialty topics- 2/year
 - stretching, balance, off season training, nutrition, injury prevention

- specialized topics at your request
- Specific age group meetings for topics of concern:
 - ACL prevention for females
 - Ankle stability and agility training
 - Male strength training and appropriate recommendations
 - Kids- Focus on quality vs. quantity of conditioning and stretching
 - Flexibility- when and how
- Parent/Board meeting attendance, 1/year or more
- Availability for injury/training based questioning over phone or email, 7 days a week
 - We want to be your first point of contact in the community for all medical related, non-emergency situations. This will make the management of the team more successful, allow us to track injury patterns, report to the Board how the team is doing, as well as make sure injuries get treated quickly, safely, and with the most up-to-date services
- On site at workouts (as requested by coaching staff) and training sessions if needed and/or appropriate for injury screening and leading of stretching or activities
 - For individual athletes, groups, or to evaluate workouts for injury prevention
- Referrals to Physicians- Preferred
 - We have screened many physicians for their knowledge of the sport as well as care for our clients. We use Hinsdale Orthopedics due to their knowledge and wonderful care that they have provided to our athletes. Our physicians are at Hinsdale Orthopedics: Dr. Geoffrey Kuhlman, MD, and Dr. Steven Chudik, MD. Dr. Kuhlman is a non-surgical orthopedic/sports medicine focused physician, with rehabilitation as a focus for sports injuries. He is also on staff with USA Soccer and has a plethora of experience at the National level. Dr. Chudik is one of the best shoulder and knee surgeons in the area, with great detail to adolescent-specific injury. Our chiropractor of choice is Dr. Terry Smith, who also will help with nutritional consulting for the team. ***You can call them at the main number of 630-323-6116, however, we prefer that you contact us first and then we can facilitate an appointment for you directly with the physician's staff. If you choose your own physician, please let us know so that we may communicate with them as well.*

Sport Specific:

- Full Biomechanics Evaluation
 - Gait/Run/Walk:
 - Comprehensive walk, run, sprint for muscle co-contraction evaluation and gait disturbances for injury and/or mechanics
 - Gait and Efficiency
 - agility assessment of muscle efficiency as well as stability of hips, knees, ankles and core
- Lower Extremity assessment
 - Jump testing
 - Leg strength- force and power production
 - Agility testing- speed and coordination

- Muscle balancing, Left vs. right
- ACL injury prevention focused evaluation
- Orthotics
 - Full custom soccer cleat or running shoe fitted
 - We measure hip/knee/foot alignment and how it effects foot placement
 - Shoe wear may change to prevent over/under correction
 - Unlike machines or pads that you stand on to analyze you and your current weight bearing pattern with your assumed perfect position, we can see how one change in the kinetic chain will effect up and down the chain
 - We check insurance benefits for you, and if covered. There is also an out of pocket option.
- Flexibility Programs
 - Treating injuries
 - Injury prevention
 - Sports mechanics enhancement
 - Recovery
- Full Biomechanics Evaluation – video, written results, and in-person discussion (follow-up). We offer this service through insurance (see below) if the physician deems it necessary due to injury. We can do this out-of-pocket, no script or MD necessary, for all three categories below. We offer this service for \$250 each for the first service, and \$100 for each additional. (The normal fee is \$350 and \$125 for each additional, we discount for Hawks clients).
- Cross Training
 - Insurance included if it enhances goals for recovery/mechanics correction for the injury that is diagnosed or mechanical problem
 - Fee for service available a well for in- and out-of-season program creation, individual, for specific goals or general run, cycle, swim, or tri-specific program

Special Services- (** SEE soccer specific handout). Below are the enhanced services that we offer with our Therapists. They are advanced techniques that are not available through the general physical therapist, and make the recovery process shorter, as well as address the problem and not just the location of pain/dysfunction.

- Active Release Techniques
- Graston Techniques
- Strain/Counterstrain
- Muscle Energy
- Joint Mobilization
- Myofascial Release
- Proprioceptive Neuromuscular Reeducation

How it all works:

We would love to be able to see the patients that we need to see, with diagnosing injuries that are sport-specific, orthopedic, etc. However, in the state of IL, we are not allowed to do that. Whether you are a cash-pay patient or going through insurance, we need for you to see a physician to obtain a script that states that PT services are necessary, with a diagnosis. If the physician is a general practitioner, a general script is OK. We will evaluate and treat based on the symptoms that we see, the advanced diagnosis that we provide/opinion, and make sure that we discuss this with your MD. If we feel that we truly need a physician to evaluate for something more serious, we have a few choice physicians that we send to within the City of Chicago, and the Suburbs as well, that we have screened, that we trust, and that know how to treat athletes both in and out of season (instead of cortisone, medication and rest for everyone, which never, ever works!!!) When you make appointments with these MD's, we ask that you contact us first so that we can see you, send a note describing your injuries, see you in the office, and make the medical process run smoothly.

We take a majority of insurances, PPO, and some HMO. We will verify your insurance for you, pending that you call ahead (even before you are really a patient) to make sure that you are covered, let you know what your deductible is, and also if you have a co-pay, or a per-visit fee. We bill you for your balance, but expect payment at time of service for all cash pay services, and co-pays.

We are keeping track of injuries per gender, team, age, and experience in order to provide the organization with proper prevention data, and injury trends. We ask that you email Gina with any and all injuries that occur, even if they are minor and do not need our attention, as to be proper Medical Staff for your team.

We offer free injury evaluations for all OBSC clients, no questions asked. We cannot treat you beyond this, until after you see the MD and come in with a script. It is much better to come to us for this service and let us help you determine the best and most appropriate physician to refer you to.

We look forward to meeting you all, and hope that the season, and off-season of 2008-2009 is a healthy one for you. Please feel free to contact us for anything!

Gina's Cell: 630-607-8907. You can reach either of us at the office at 630-789-0004. Or via email:

Gina: gpongetti@occusport.com

Elisa: efasano@occusport.com

**** We will have our first informational meeting, question/answer session, and program presentation for flexibility and warm ups on Thursday March 19th at 7pm at _____. We will begin with the athletes flexibility program at 6:15 and then continue to speak to the athletes and parents at ??????. Dr. Kuhlman and I will both be present. It is highly encouraged by the coaches that you join us. If you cannot make it, please email us to let us know by March 15th.

See you soon!

Sports Medicine Staff, OccuSport Physical Therapy of Darien/Willowbrook