



TIP OF THE MONTH

Strength & Conditioning for Athletes

March is Athletic Training Month, and spring sports are ramping up. It's a great time to cover strength and conditioning for athletes. Strength and conditioning (S&C) programs can [help athletes](#) improve muscle mass, overall athletic performance, and reduce the risk of injury. They are not one-size-fits-all. S&C programs take multiple factors, including athletic goals, ability levels, and age, into account. If you're looking for a strong program, here's what to keep an eye out for:

What to Expect in a Strength and Conditioning Program:

- Time spent to understand and develop short and long-term goals
- A structured calendar and plan
- Dynamic warm up ([example](#)) and cool down
- Built-in periodization ([example](#)): Builds strength while avoiding [overtraining](#).
- Exercises and drills that focus on strength, flexibility, and power
- Built-in recovery time
- Nutrition guidance

Looking to Focus on Strength?

For younger athletes, we recommend staying within [certain parameters](#). For seniors, we recommend a few additional [safety tips](#).

Physical therapists (PTs) are uniquely qualified to create strength and conditioning programs. In fact, S&C is part of most plans-of-care in the clinic and is used to help patients recover from pain and injury. In the case of an athlete, treatment wouldn't stop at correcting movement dysfunction but would continue to encompass performance-based goals. Many PT's love working with athletes and helping them succeed. Some specialize by earning a Certified Strength & Conditioning Specialist (CSCS). Ask us how we can help you or your athlete.

EXERCISE OF THE MONTH

Ladder Drills

Ladder drills can be an excellent addition to your dynamic warm-up. Ladder drills effectively get the heart rate up while simultaneously promoting plyometrics and foot and eye coordination.



Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Nothing will work unless you do.”

— Maya Angelou

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Crispy Baked Cod with Lemon-Garlic Aioli

Enjoy crispy, good-for-you oven-baked cod with a simple gluten-free coating. Pair it with our five-ingredient aioli sauce for a flavorful, affordable dinner. Created by “The Real Food Dieticians”



INGREDIENTS:

Cod

- 1 to 1.5 lbs cod fillets
- 6 oz tortilla chips
- 1.5 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- 2–3 T Primal Kitchen Mayo
- Nonstick cooking spray

Aioli

- 1/3 cup Mayo
- 1 tsp lemon zest
- 2 tsp fresh lemon juice
- 1 garlic clove minced
- 1/8 tsp dried dill
- Pinch of sea salt
- Optional: Lemon wedges, capers, and fresh chives or parsley

DIRECTIONS: To make this recipe, follow the [online instructions](#).



Featured Article: [3 Types of Athletic Injuries](#)