



Pre-Season Injury Prevention

Hi, Parents

As the Track and Field season approaches, our athletes will begin a busy season of training, school, and competition. Injury prevention is a key factor to a successful season. Injury prevention often includes a multimodal approach of adequate rest, nutrition, sports massage, strength training, mobility/flexibility, and training for the sport.

Sports Medicine Alliance (SMA) is currently offering a pre-season injury prevention program for all athletes. The program includes the following:

- **A comprehensive orthopedic/sports medicine examination by a Physical Therapist**
- **A written report with injury prevention recommendations**
- **A tailored injury prevention program**
- **1:1 training/rehabilitation sessions with each athlete (if needed)**

Several athletes are currently in this program during the off-season and in-season. Programs often encompass the multimodal approach mentioned above with a one main goal: *for all athletes to have a successful season that is free on injury.*

For questions regarding the program or to schedule an appointment, please feel free to text, email, or call Dr. Scott. His contact info is below:

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