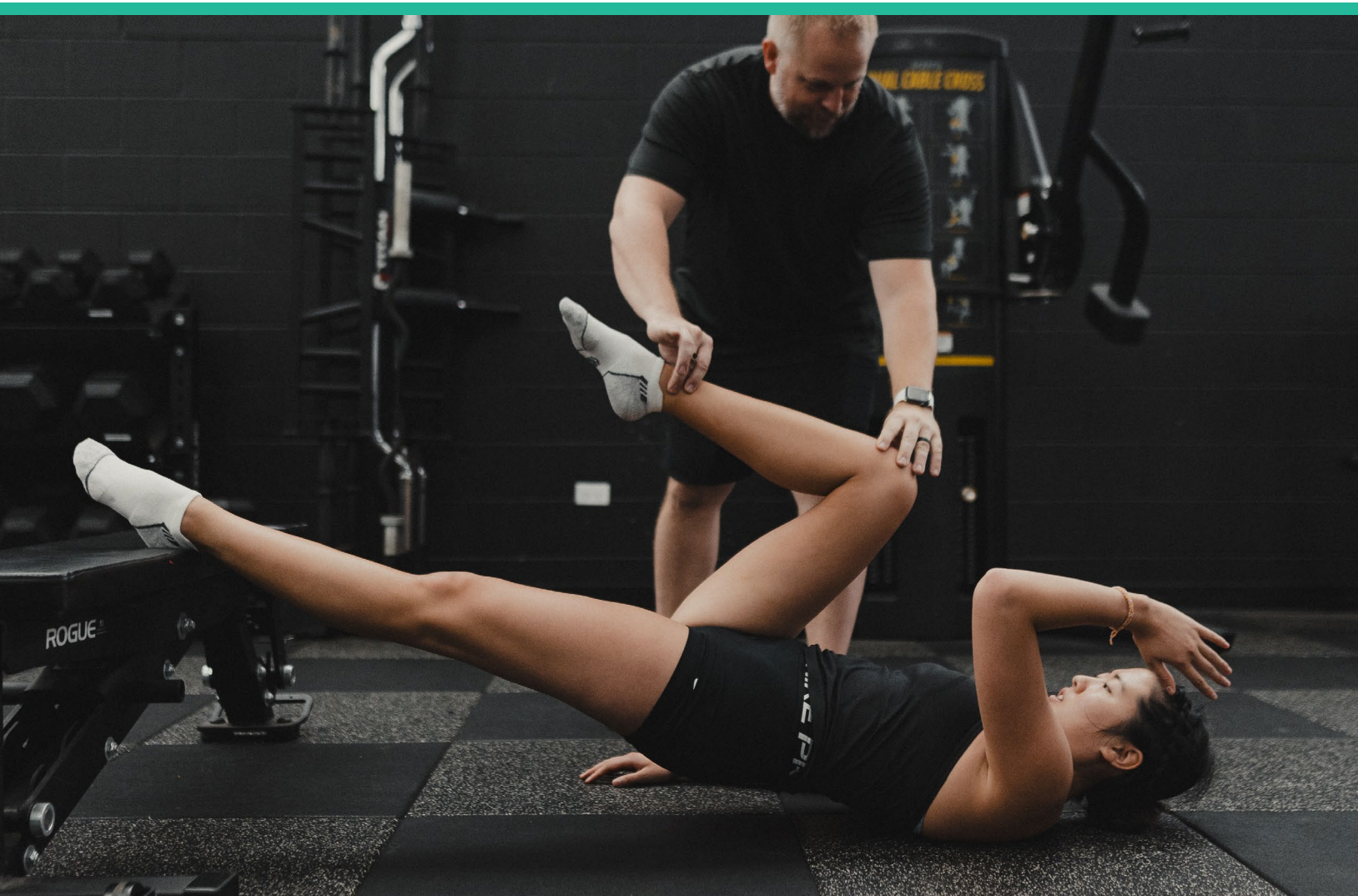




MOR | MIDWEST
ORTHOPAEDICS
AT RUSH

SPORTS PERFORMANCE & RECOVERY

Functional assessments and training engineered for athletes



MOVE, PERFORM, AND BE YOUR BEST.

Whether you're an elite athlete, an amateur on the rise, or an avid participant in recreational sports, there's nothing like the feeling of setting a new personal best. There's no bigger thrill than thinking you've peaked and then willing yourself to another level. The experts at Midwest Orthopaedics at Rush (MOR) are here to help you rediscover that feeling. Our unique Sports Performance and Recovery services empower you to defy your perceived limitations and turn your toughest challenges into your greatest opportunities for growth.

What is Sports Performance and Recovery?

Sports Performance and Recovery includes a wide variety of assessments, screenings, functional exercises, and training programs designed to help athletes of all levels achieve goals in their sport or activity. This interdisciplinary field combines medical expertise with cutting-edge training techniques to create a personalized, evidence-based path to peak performance. Unlike personal trainers or coaches, the certified athletic trainers who lead Sports Performance and Recovery at MOR are licensed healthcare professionals with extensive, specialized education.

Who should see a Sports Performance and Recovery specialist?

Anyone who wants to run faster, jump higher, perform specialized movements more efficiently, or reduce risk of future injury can benefit from seeing a Sports Performance and Recovery specialist.

For athletes returning from injury, Sports Performance and Recovery at MOR is uniquely positioned to serve patients who have completed treatment and physical therapy (PT) but haven't yet regained the strength, mobility, or confidence to perform their best.

Orthopedic care and PT enable patients to complete basic movements again and rebuild a foundation for athletic performance. From there, Sports Performance and Recovery goes a step beyond by elevating general athleticism and focusing on activity-specific movements.





How does Sports Performance and Recovery help athletes improve?

After PT, the team of Sports Performance and Recovery specialists at MOR works with you to understand your ambitions as an athlete. We start by evaluating your strength, stability, and mechanics using various proprietary assessments and screenings. Then, we use the findings to design a regimen of functional exercises just for you.

Your training program may be specific to a goal you'd like to accomplish, like running a marathon or returning to high-intensity throwing. Or it may be a more general, full-body plan designed to improve all-around athleticism. Each regimen is backed by scientific research, developed in collaboration with leading medical experts, and enhanced by the latest technologies.

Your program will consistently introduce novel stimuli in the form of new exercises, helping you turn weaknesses into strengths and see faster results that translate to better performance. Beyond this season, you'll learn to incorporate these exercises into your daily life, so you can maintain high-quality activity and reduce injury risk for the long term.

The Sports Performance and Recovery Center utilizes innovative technologies like 3D motion capture, wearable sensors, force plates, and state-of-the-art strength testing devices that provide deeper insight and guide our recommendations. For athletes who enjoy tracking their performances metrics as part of training, our team can also help you understand which data points are most relevant to your progress and why.



Scan the QR code to make an appointment,
or visit RushOrtho.com/Sports-Performance

SPORTS PERFORMANCE AND RECOVERY ASSESSMENTS

If your physician has ordered a “Functional Sports Assessment” or “Sports Assessment,” the Sports Performance and Recovery Center at MOR offers a variety of activity-specific assessments. These detailed evaluations are a great first step and assist our team in developing your personalized treatment plan.

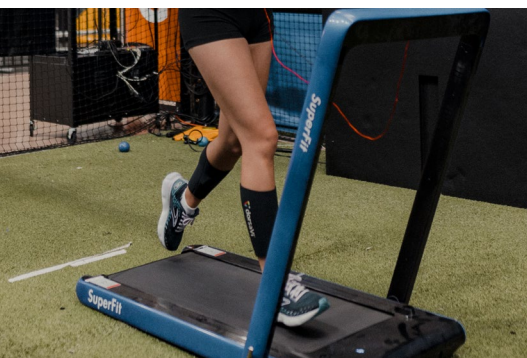


THROWING PREP SCREEN | \$149

Designed for athletes recovering from throwing-arm related injuries (e.g., Tommy John surgery, labral repair, Little Leaguer’s shoulder/elbow), this screening supports your transition into a throwing program. We evaluate key metrics such as range of motion, strength, and upper body control to identify movement inefficiencies. Our team provides actionable insights to help you build a strong foundation before you begin throwing again.

THROWING ASSESSMENT | \$349

For athletes who’ve progressed through an interval throwing program to 120 feet or mound work. We combine cutting-edge 3D motion capture with analysis of range of motion, strength, balance, and power to break down your mechanics and identify movement inefficiencies. You’ll receive tailored recommendations to optimize your throwing motion, enhance performance, and reduce re-injury risk.



RUNNING ASSESSMENT | \$349

Ideal for runners of all levels—from recreational to marathon training—returning after injury or looking to improve form. We assess lower body strength and mobility, then use motion capture to create a 3D model of your running mechanics. Our team pinpoints inefficiencies and provides a customized plan to improve stride, alignment, and performance.

Sports Performance and Recovery services are all self-pay without exception.



GOLF ASSESSMENT | \$495

Whether returning to the game or seeking performance gains, this comprehensive evaluation blends physical assessment (mobility, strength, balance, power) with an in-depth swing analysis. Using advanced technology and expert interpretation, we uncover limitations and inefficiencies, helping you play more consistently, powerfully, and safely.

INJURY RISK ASSESSMENT | \$349

A holistic evaluation for athletes seeking to prevent injury or better understand their movement profile. We review your health history and goals, then assess relevant strength, mobility, and control metrics. Your results guide future training, therapy, or performance programs tailored to your needs.



PLYOMETRIC PREP SCREEN | \$149

This assessment helps rebuild your confidence and athleticism as you ramp back up to activity following a hip, knee, or ankle injury. Using cutting-edge technology and motion analysis, we evaluate core stability, strength, and balance. Our expert team identifies inefficiencies and limitations that may contribute to discomfort or instability. You'll receive targeted strategies to restore dynamic control and prepare for higher-speed, sport-specific drills.

LOWER BODY ASSESSMENT | \$349

Ideal for athletes already running, jumping, and cutting at high intensity, this assessment provides a detailed look at your lower body performance. We analyze core stability, strength symmetry, balance, and explosive power. Our team delivers a data-driven breakdown of your mechanics to highlight areas for improvement and tailor strategies that enhance movement, address limitations, and reduce the risk of reinjury.

UPPER BODY ASSESSMENT | \$199

This advanced analysis targets athletes recovering from injury or aiming to improve upper body performance. We evaluate mobility, strength, and neuromuscular control using state-of-the-art tools, and assess movement patterns across the shoulders, elbows, and upper spine. Personalized strategies address inefficiencies, improve control, and support overhead or upper-body-intensive sports.



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