



CENTRAL NEBRASKA

Athletic Academy

Training Camps

Overhead Athlete Training

Off Season Arm Care and Performance

Athletes will receive education on the types of upper extremity injuries that can occur with sports and how they can be prevented. They will learn the exercises necessary to prevent injuries and improve performance. Each athlete will be assessed for signs of potential injury and will receive a personalized arm care program to address their needs.

In Season Arm Care

Athletes will receive personalized one-on-one care from our licensed professionals. These sessions will include arm and shoulder strengthening exercises and manual therapy techniques to ensure the athlete is performing to their maximum potential. Our professionals will actively monitor the athlete for any indications of potential injury and address any warning signs immediately.

Lower Extremity Training

ACL Prevention

Athletes will receive education on how ACL injuries occur and how they can be prevented. They will learn exercise programs that have been developed by leaders in the sports performance and injury prevention world. Each athlete will be assessed for signs of potential injury and receive a personalized exercise program to address their needs.

ACL Bridge Program

Specifically designed for athletes who have undergone an ACL repair, our licensed professionals will prepare an athlete for return to sport after completing physical therapy. Our program will help athletes return to their prior level of function, as well as reduce risk for re-injury.



GRAND ISLAND

Physical Therapy

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