

Resting Metabolic Rate

This test will determine your resting caloric expenditure. You can use this information as the basis for your nutrition plan.

Wingate Power Testing

This 30 second cycling test measures your anaerobic "sprinting" ability.

Body Composition Analysis (Skinfold Caliper or DEXA)

Body composition assessment by skinfold measurement determines your percent body fat and total fat mass versus fat free mass of your body. A DEXA (dual energy x-ray absorptiometry) scan will give you a more detailed analysis of your body composition, measuring regional (arms, trunk, and legs) as well as total body % fat, fat mass, bone mass, and lean mass (MD prescription required for DEXA). Body composition plays a critical role in optimal performance as well as in overall good health.

Running Mechanics Profile

How's your form? Are you a heel-striker? Do you pronate? Are you in the right shoes? Is your running form putting you at risk of injury? Our Physical Therapist specializing in runners' injuries and running form will assess your strength, flexibility, dynamic movement patterns and perform a video gait analysis.

M.E.L.T. Hand and Foot Program

MELT is an exciting new method of restoring the optimal integrity of the connective tissue. Daily wear and tear combined with pounding your feet for miles can compress the layers of tissue in the hands and feet. Since connective tissue is a seamless network in your body, MELTing your feet or your hands can benefit your entire body. An Advanced MELT Practitioner will teach you this simple but effective technique for self myofascial release.

Strength and Conditioning

–Individual Training Sessions

30 or 60 minutes individual training sessions for injury prevention and performance enhancement

–RunMetrics® Small Group Training

RunMetrics is core strength and plyometric

exercise program for runners created and published by members of our team. It is designed for injury prevention and performance improvement.

Nutrition Consultation

Confused by Hydration and Fueling Strategies, Achieving Ideal Body Composition, Gels, Bars and Shakes, or Nutrition for Optimal Recovery? Have all of your nutrition questions answered by one of our experienced Board Certified Sports Nutrition Specialists.

Massage

Sessions with a Licensed Massage Therapist specializing in sports massage.

Precautions

Please note that these services may not be appropriate for athletes who are injured. If you are experiencing pain, contact one of our Performance Specialists before scheduling an appointment.

About the Sports Rehabilitation and Performance Center

The HSS Sports Rehabilitation and Performance Center offers multi-disciplinary and comprehensive services for those who want to improve performance, whether they are recovering from an orthopedic or sports-related injury or seeking to take their fitness to the next level.

The exceptional Sports Rehabilitation and Performance Center team includes physical therapists, certified athletic trainers, strength and conditioning specialists, and exercise physiologists who have been carefully selected and specifically trained in the care and management of sports medicine problems.

Location:

Belaire Building, Ground Floor
525 East 71st Street, New York, NY 10021

Contact:

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E-mail: sportsperformance@hss.edu
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HOSPITAL
FOR
**SPECIAL
SURGERY**



Runner's Performance Program

**Sports Rehabilitation and
Performance Center
646.797.8005**



The **Runner's Performance Program** offered by **Hospital for Special Surgery's (HSS) Sports Rehabilitation and Performance Center** is designed for runners and multisport athletes of all ages and skill levels with the goals of injury prevention and performance enhancement. Our expert and in depth analysis can detect running mechanics that have the potential for injury, as well as identify important factors the athlete can modify to train more effectively and to improve running performance.

Our Expert Team

Our expert team of physical therapists, certified strength and conditioning specialists, registered clinical exercise physiologist, registered nurse and USAT Level I triathlon coach work together to provide the running athlete with sport specific musculoskeletal and performance assessments along with complex 2-D video analysis utilizing state-of-the-art Dartfish® software.



Designed for Runners of All Ages and Abilities

Our staff members are experienced runners and triathletes who are committed to helping fellow endurance athletes maximize their performance.

The Running Performance Program is designed for runners of all ages and abilities including:

- The recreational or competitive running athlete who has a desire to increase his or her knowledge about the art and science of running
- Biathletes or triathletes looking to gain the competitive edge in their sport
- Runners that have been injured in the past or have experienced pain with running

Services for Runners

Runner's Analysis Program

This comprehensive analysis includes:

- Body composition analysis by skinfold measurement
- Musculoskeletal evaluation by a Physical Therapist
- Functional Movement Screen
- Lactate Profile
- Individualized Training Zones
- 2-D Video analysis of running form using Dartfish software
- Comprehensive Results Package



Our Performance Team will analyze the data from the sport specific questionnaire, musculoskeletal and fitness assessments and Dartfish® video analysis and create a comprehensive results package. Detailed information concerning the

efficiency and biomechanics of the individual's running style will be included, as well as analysis of individual lactate curve and recommendations for training zones.

The athlete will also receive recommendations regarding a specific training program, running techniques, and shoe selection.

Testing Services

VO₂ Max, Lactate and Efficiency Profile

Get a full metabolic profile and you'll have all of the key information needed for an individualized training plan. Physiological Testing is done using a Parvo Medics True One metabolic cart, the gold standard in metabolic testing.

VO₂ Max (a.k.a. Maximum Oxygen Consumption or Aerobic Capacity)

- A measure of the maximum amount of oxygen your body can take in and use for physical work.
- A key indicator of your ability to perform vigorous physical activity and your potential as a successful endurance athlete.

Lactate Profile

- Lactate is a by-product of anaerobic metabolism and an important marker for your tolerance to high intensity exercise.
- *Lactate Threshold* is the point during exercise of increasing intensity at which blood lactate levels begin to rise dramatically and fatigue increases.
- Lactate Threshold can be increased with certain types of training.
- Your lactate level is determined by small fingerstick blood samples taken at each state of exercise of gradually increasing intensity.
- Your lactate profile will be correlated with your heart rate, perceived level of exertion, and speed or power to give you individualized training zones.

Efficiency Profile

- This test will measure your individual "cost" of oxygen consumption to work at a given pace. You will learn how your efficiency compares to successful endurance athletes.
- You will also learn how many calories you burn at a given pace as well as percentages of carbohydrates and fats being used.
- This data will help you identify training strategies to maximize your efficiency and nutritional strategies to meet your energy needs.

These services are also available individually.