

CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND

SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

Specializing in the management and prevention of injuries to the young athlete

TOUGH CUFF PROGRAM 2011-2012

DATES:

Session I: High School athletes:

Nov. 28–Dec. 23, 2011 (Mon, Wed, Fri, 7–8:15 p.m.)

Session II: Little League:

Jan. 2–27, 2012 (Mon, Wed, Fri, 7–8:15 p.m.)

LOCATION:

Sports Medicine Center
744 52nd St., Oakland

FEE:

\$249 per
4-week session

Customized program for young athletes who play softball, baseball, or other “overhead” sports. Tough Cuff focuses on developing strength and conditioning to help prevent muscle strain and minimize the risk of injury when participating in sports.

The Tough Cuff program includes:

- Learning the fundamentals of training all muscles groups involved in the movement patterns used by overhead athletes
- Learning the essentials of rotator cuff strengthening and scapular stabilization
- Strengthening all upper extremity and core muscle groups
- Dynamic warm-up exercises
- Static stretching program for quick recovery and relaxation

We measure your performance improvement with pre- and post-class measurements of:

- Pre- and post-class screening of functional movements
- Grip strength
- Rotator cuff strength
- Shoulder flexibility
- Core strength

Each session includes:

- 2 In-clinic group sessions each week with an optional third session
- Detailed instructions and exercise list for home follow-up

Taught by:

- Physical therapists
- Certified athletic trainers
- Certified strength and conditioning specialists
- Youth fitness specialists



**WE'LL GET
YOU BACK IN
THE GAME**



CENTERS IN OAKLAND & WALNUT CREEK

www.childrenshospitaloakland.org

510-428-3558



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**ORTHOPEDICS
CENTER**