



**SPORTS
MEDICINE**

MINNEAPOLIS

HIGH SCHOOL PRE-SEASON ARM CARE PROGRAM

**SIGN-UP FOR MAYO CLINIC SPORTS MEDICINE'S
PRE-SEASON ARM CARE PROGRAM FOR
HIGH SCHOOL ATHLETES!**

Our Mayo Clinic Sports Medicine Baseball experts developed an injury prevention program to help prepare you for the upcoming season. This program provides guided drills and exercises to address strengthening tips for the thrower (rotator cuff, shoulder stabilizers, core/balance and much more) and injury prevention for the shoulder and elbow.

EXOS

SPACE IS LIMITED.

Secure your preferred Spot!

Maximum of 15 athletes per group.

Minimum of 7 athletes to run program.

Sign-up today!

Call Mayo Clinic Sports Medicine at 612-313-0520.



THIS WINTER

- Increase your strength and rotational power
- Decrease your risk of injury
- Learn the best nutrition for optimal performance

PROGRAM OPTIONS

JANUARY 16 – MARCH 13

(No class on Monday, January 23)

HIGH SCHOOL (GRADES 9 – 12)

Details:

2x per week for a total of 14 arm care sessions with a member of the baseball rehab team

- 1 Pre – Upper Extremity Evaluation with a Physical Therapist
- 1 Post – Upper Extremity Evaluation with a Physical Therapist

Schedule:

Monday and Wednesday: Group 1: Pre-Evaluation Jan 16 from 5:30 – 6:30 p.m.
Group 1: 5:30 – 6:30 p.m. Group 1: Post-Evaluation March 13 from 5:30 – 6:30 p.m.

Tuesday and Thursday: Group 2: Pre-Evaluation Jan 17 from 5:30 – 6:30 p.m.
Group 2: 5:30 – 6:30 p.m. Group 2: Post-Evaluation March 9 from 5:30 – 6:30 p.m.

Athletes sign up for either Monday/Wednesdays or Tuesday/Thursdays.

Cost:

This program is available for current baseball athletes.

\$300

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