

athletic engineering

a division of Olympic Physical Therapy



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“With all of the demands on young athlete’s bodies today, **training** each week with multiple teams can create **chronic injuries** that may affect them in the future if they are not training properly. Athletic Engineering is a safe, **effective** way to keep up with the high demands on your athlete’s body and **conditioning level**. Experience a season **maximizing** your team’s potential with fewer injuries by training with **injury prevention** in mind.”

* Athletic Engineering is proud to have Annmarie as part of Our Team. Annmarie has worked with athletes at multiple levels including: USA Women’s Basketball, Seattle Storm, Seattle Supersonics and Pacific NW Ballet.

We offer team training sessions or one on one sessions of functional training to enhance your athletes body awareness, balance, stability, control, and power.

We strive to create a challenging level of fitness with a unique perspective on training.

Decreases the chance of your athlete’s sustaining an injury and avoid issues that create chronic pain and tendonitis.

Each of our staff members have a college health/fitness related degree along with excellent experience and certifications.

Our training sessions are based around this experience with sports related injuries and allow your athlete to train at their maximum level in a safe environment.

**For additional information regarding locations and classes please
visit our website @**

OLYMPIC
PHYSICAL THERAPY



Training Goals For Sport Performance and Team Training

- Learn what it takes to train smart. ATHLETIC ENGINEERING is a more functional approach to training. It is a more practical form of training that will prepare and challenge you for more *sport like movements*. We are experiencing a change in culture to train through your core so your lower extremity and your upper extremities speak the same language.
- Learn new *more efficient patters of movement understanding quality of movement*. The goal is to have the body move through these patterns of movement with more muscular balance and support to avoid inefficient movement patterns which can lead to injury. Then strength can be built more efficiently. This can take the body minimum up to 6 weeks to learn through neuromuscular adaptations before strength can be built in these patterns, and 6 weeks or more to move more efficiently through these new movement patterns.
- Have more ability to *recognize injury patterns* due to our body's tendency to compensate for areas of weakness which can lead to unwanted stress on other parts of the body.
- *Decrease injury* by having more body awareness identifying breakdowns in body control during movement and exercise. This includes learning how to decelerate under control which often times is when an injury will occur in the events of stopping, landing, or changing direction. *ACL injuries* tend to occur when the body is trying to stop and load to continue movement. We can avoid that by controlling deceleration so the body is under control when it is trying to load and transfer that load to a new direction.
- Be able to *quickly react to both predictable and unpredictable situations* without destabilizing one's center of gravity beyond recovery
- Maximize one's capacity for *accelerating and transferring loads* through balanced, stable, and coordinated movements. Quicker first steps



Team Training Sessions Fact Sheet

What will our team do during the training sessions?

Perform specific purpose driven exercises to gain complete body balance and flexibility by training through the core. This includes training the body to be more balanced and controlled through movements required by your sport to change direction, land with control during deceleration, gain explosiveness and power needed for acceleration and speed, and improve lower extremity quickness working on agility and footwork. Ultimately training to maximize one's capacity for accelerating and transferring loads through balanced, stable, and coordinated movements.

Why is strengthening the core so important?

An increase in core strength will provide efficient movement, prevention of injury, and an increase in strength, agility, and power. Research has shown that all movement is initiated by the core. Therefore if the core is weak due to mere lack of strength or a lack of connection with the nervous system your movement will be inefficient. A weak core will even keep you in a pattern of dysfunction. Strengthening the core is important to have efficient movement, break the cycle of dysfunction, and increase the stabilization of the body.

How long are the training sessions and how often should we train with Athletic Engineering?

Each training session is 1 hour at a time. Research says the body can take up to 6 weeks to learn a new movement pattern. Therefore, we highly recommend working with our trainers for at least 6 weeks to allow the body the time it needs to achieve the new efficient and more powerful movement patterns. The frequency per week can be 1-3 times a week.