



## **Prevea Sports Medicine**

### **Menu of Services**

#### **Concussion Education**

Learn the most current research on how to handle a concussion from board certified primary care sports medicine physicians who are credentialed Impact consultants. This education is for all school's staffs, parents, and students.

For more information contact Emily Johnson: [Emily.johnson@prevea.com](mailto:Emily.johnson@prevea.com)

#### **Concussion Management – Return to Learn Training**

Every student's recovery from a concussion is different. Learn how your educational team can navigate the five progressive stages which are meant to give the school and medical provider general guidance to assisting the student's gradual return to academics.

For more information contact Emily Johnson: [Emily.johnson@prevea.com](mailto:Emily.johnson@prevea.com)

#### **Concussion Management – Return to Work Training**

Every employee's recovery from concussion is different. Learn how your administrative team can navigate the five progressive stages which are meant to give the employer and medical provider general guidance to assisting with the employee's gradual return to work.

For more information contact Emily Johnson: [Emily.johnson@prevea.com](mailto:Emily.johnson@prevea.com)

#### **Pre-Concussion Baseline Testing**

Baseline testing measures the athlete's current mental function. In the event of a head injury, the baseline information provides a measurement of exactly where they were pre-injury and a clearer picture toward recovery. Baseline testing should be done every two years starting at age 11. We also offer pediatric IMPACT testing for children ages 5 to 11.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **iPerform Prevention Program**

This comprehensive program helps coaches guide their athletes through a 12-week course that builds the strength, coordination and flexibility that's critical for preventing lower extremity injuries. The program includes a set of charts and tools for coaches to use throughout their season to lead stretching and exercises, track progress and more.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **iPerform Performance Program**

Multi-disciplinary approach to teaching individual or a group of athletes the movements and drills that will enhance their performance to the next level.

For more information, contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Athletic Movement Assessments**

An all-inclusive athletic movement analysis using video that identifies improper and inefficient movement patterns and provides exercise options to correct your form.

For more information, contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Running Assessments for injured Runner**

When you have pain from running, this all-inclusive biomechanical video analysis and injury assessment with a Licensed Athletic Trainer will provide you with the tools and knowledge to getting you back in the game.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Running Assessments for Performance**

If you are injury-free and are looking to be more precise with your running this all-inclusive biomechanical video analysis and assessment with a Licensed Athletic Trainer will provide you with the tools and knowledge to have you be the best at your game.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Throwing Assessments for Injured Baseball / Softball players**

When you have pain from throwing, this all-inclusive biomechanical video analysis and injury assessment with a Licensed Athletic Trainer will provide you with the tools and knowledge to getting you back in the game.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Throwing Assessments to Improve Performance for Baseball / Softball Players**

If you are injury-free and are looking to be more precise with your pitching or throwing, this all-inclusive biomechanical video analysis and assessment with a Licensed Athletic Trainer will provide you with the tools and knowledge to have you be the best at your game.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Hitting Assessments to Improve Performance (Baseball / Softball)**

An all-inclusive biomechanical video analysis and assessment of your hitting mechanics with a Licensed Athletic Trainer will provide you with the tools and knowledge to improve your hitting performance.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Free Injury Consult**

Free orthopedic sports medicine injury consult features evaluation for urgent orthopedic sports medicine needs such as concussions, sprains, fractures, muscle strains and dislocations.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **Skin Fold Testing**

Standardized skinfold measurements help calculate body fat and minimum weight for individuals. This calculation with a sound healthy diet and nutritional education can help individuals make good decisions on weight management.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

### **CPR and First Aid Education**

The American Heart Association Heartsaver courses are designed to prepare staff and students to provide first aid, CPR, and use an AED in a safe, timely, and effective manner. These courses are conducted in a classroom setting and features group interaction and hands-on coaching and feedback from an AHA instructor.

For more information contact Mike LaMere – [Michael.lamere@prevea.com](mailto:Michael.lamere@prevea.com)

## **Wellness / Weight Management/Nutrition**

### **Nutritional Education**

Proper fueling of the body is essential for proper health. Through Prevea's registered dietitian, she can provide group educational sessions covering topics like Nutrition for beginners, Nutrition for Performance Athletes, Foods to aid the brain, and the do's and don'ts of supplementation. All of these and more can help anyone take charge of what they are putting in their body.

For more information contact Jane Lehman – [jane.lehman@prevea.com](mailto:jane.lehman@prevea.com)

### **Cooking demonstrations**

Cooking demonstrations are hosted onsite by registered dietitians who prepare healthy meals and allow participants to taste-test them. These demonstrations help participants see firsthand how easy it is to cook healthy meals.

For more information contact Jane Lehman – [jane.lehman@prevea.com](mailto:jane.lehman@prevea.com)

### **Personalized Dietary and nutritional consultation and education**

Exercising and eating right are the first steps to improving your health. Through Prevea, a registered dietitian can work one-on-one with staff or students to develop a personalized eating plan that can help take charge of eating habits and create a healthier lifestyle for your employees.

Programming includes:

- Classes can be held on-site or at Western Racquet & Fitness Club
- One-on-one nutrition services from a registered dietitian
- 30-minute, one hour and package rates available.
- Can be used in conjunction with grocery shopping tours

For more information contact Jane Lehman – [jane.lehman@prevea.com](mailto:jane.lehman@prevea.com)

### **Eat Right for Life®**

Get your eating on track with Eat Right for Life®. Do you want to learn how to not only eat healthfully, but also be empowered to actively control your health? Or are you simply looking for new inspiration and education on your existing wellness journey? Then Eat Right for Life may be for you! This 6-week, interactive program taught by a Prevea dietitian, presents complex nutritional concepts in an easy-to-understand format. You'll learn simple solutions to creating a healthier, happier you including

creating a life plan for eating. The program is based on the book, *Eat Right for Life; Your Common Sense Guide to Eating Right and Living Well*, and a copy is included with the program. You'll be encouraged to read the book, ask questions, try new things and acquire newfound knowledge, understanding and habits.

For more information contact Jane Lehman – [jane.lehman@prevea.com](mailto:jane.lehman@prevea.com)

### **Grocery shopping tours**

Prevea Health and Festival Foods offer grocery store tours to help participants learn how to shop the perimeter and organic section, read nutrition labels and make healthier choices. A registered dietitian provides insight along the route and answers questions during the tour providing employees new ways to shop healthier.

For more information contact Jane Lehman – [Jane.lehman@prevea.com](mailto:Jane.lehman@prevea.com)

### **WellSaid®**

We customize our educational programs to be exactly what's right for your workplace. Prevea's health coach, dietitian or health care practitioner comes to your place of business at a convenient time for your business and offer presentations in four key wellness categories: Fitness and physical activity, Health, Nutrition and weight management, and Life Stages. Prevea is so passionate about the importance of that education foundation, we offer our onsite WellSaid workshops free of charge to every partner.

For more information contact Jane Lehman – [jane.lehman@prevea.com](mailto:jane.lehman@prevea.com)