

# CARE for the Athlete...

Customized – Assessment – Restoration – Enhancement



[selectphysicaltherapy.com](http://selectphysicaltherapy.com)

Select Physical Therapy's **CARE Program** is for the specific needs of each individual athlete. CARE – **Customized, Assessment, Restoration, Enhancement** – is a customized approach to evaluating and correcting the body's movement. We assess the entire kinetic chain through various screening tools and tests to highlight injury risk factors, muscle imbalances, restrictions within the kinetic chain and potential compensations. In addition, we provide specialized training to help correct underlying biomechanical issues that have led to, or may lead to, acute or chronic injuries.



## Who can benefit from CARE?

Simply put... the CARE Program can benefit anyone who is active regardless of age or ability. The CARE Program specializes in safe return to athletic activities for those individuals who have completed physical therapy, took time off to rest or experience chronic aches and pains due to their athletic endeavors. We will help bridge the gap between rehabilitation and reality to ensure a safe return to activities with skilled attention to movement efficiency. We can also help highlight and correct the causes of chronic overuse conditions even if they have not yet led to medical care. If you are wondering about the quality of your exercise routine, if it is being done correctly or if there are holes in your program, CARE can help.

## Customized and individualized approach to...

### Assessment

- Identify injury risk factors
- Athletic movement screens
- Full kinetic chain assessment
- Video motion analysis

### Restoration

- Rehab for Return-to-Play
- Corrective exercise training
- Improve faulty mechanics
- Train movement efficiency

### Enhancement

- Improve athletic performance
- Multi-joint / multi-planer focus
- Prevent additional injuries
- Sport/activity-specific training

## The CARE Program can be found at the following locations...

### Connecticut Sport and Fitness

60 Village Place  
Glastonbury, CT 06033

### Charter Oak CrossFit

265 Prestige Park Road  
East Hartford, CT 06108

### Select Physical Therapy

29 North Main Street  
West Hartford, CT 06107

### Select Physical Therapy

9 Dog Lane, Suite 108  
Storrs, CT 06268

## Prices for the CARE Program include...



### Video Motion Analysis

\$150

### Clinical Assessment

\$100

### 1 Hour Corrective/Enhancement Training

\$75

### ½ Hour Training

\$45

**Package rates also available!**

Please visit [selectphysicaltherapy.com](http://selectphysicaltherapy.com) for more information on our services, or call **717-920-6955** regarding the CARE Program today!



# CARE for the Athlete...

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selectphysicaltherapy.com

## **CARE Program Director: Mike DiStefano, M.A., ATC, CSCS, PES, CES**

Mike is an athletic trainer and strength and conditioning coach. He holds specialized certifications through the National Academy of Sports Medicine in corrective exercise and performance enhancement training. He has published multiple articles in the *American Journal of Sports Medicine*, the *Journal of Athletic Training* and the *Journal of Strength and Conditioning Research*. Mike is also an adjunct faculty member at the University of Connecticut in the Department of Kinesiology. He has trained athletes of all ages and abilities from middle school athletes to adult runners, cyclists and golfers to professional tri-athletes competing internationally. Mike specializes in the assessment, correction and prevention of musculoskeletal injuries and chronic pains.



Contact Mike today at **717-920-6955** or [mdistefano@selectmedicalcorp.com](mailto:mdistefano@selectmedicalcorp.com).

## **Patient Testimonials**

- “Training with Mike has been the absolute highlight of my athletic career. Over my years as an athlete, I've worked out with professional athletes, staff members of the Olympic Training Center and strength coaches in a Division I varsity weight room. None of them have even come close to Mike in expertise, intuition, understanding of physiology and ability to perceive the most subtle limitations or imbalances. You haven't trained right until you've spent time with Michael DiStefano. Don't wait any longer!” – **Stacey Richardson, Professional tri-athlete**
- “My personal appreciation for Mike as a person/athletic trainer is very strong as he was there for my daughter from day one of her ACL injury/surgery. He developed a post-rehabilitation workout program and personally worked with her one-on-one to achieve her goals of getting back to activities and being better and stronger. Mike's personality and attitude toward his clients is very caring and professional. He takes great pride in the fine-tune details of the way a person moves and truly enjoys working with people and watching them achieve their goals.” – **Sandy F.**
- “This past summer I was on a 100-mile ride when I injured my knee. I was very concerned I would not be able to continue riding. A friend referred me to Mike and it may have been one of the best referrals I have received! He assured me he would be able to get me back in shape so that I could accomplish my goal of riding in Israel just a few weeks down the road, and I did. His knowledge, diagnostic abilities and approach to developing an effective treatment plan set him apart. He is confident but also understands his limits and shoots straight. I have recommended him to several of my friends and recommend him highly to anyone in need of his services.” – **Andrew Magin, Ph.D.**

