

## ABOUT US

Make A Play Training is a Strength and Conditioning brand that was created and designed to help athletes 'Make A Play' in life, leadership, and athletics.

We have been training athletes for post-therapy knee rehab since 2015 and have the only *official* program in Alabama!

In 2019, Make A Play Training's Head Coach, Blake Lancaster, was chosen by the National Strength and Conditioning Association's Alabama State Board to present his expertise on the topic "Late Stage ACL Rehab for Athletes."



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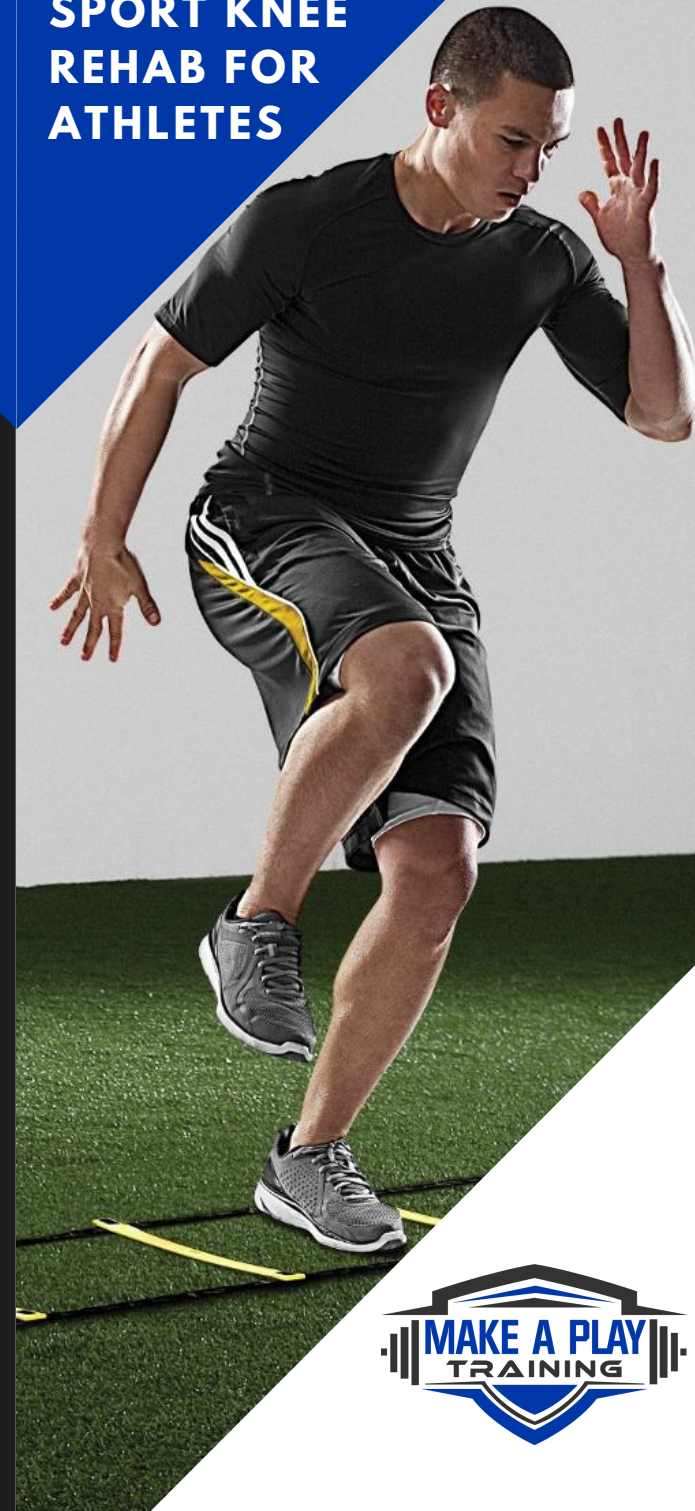


[makeaplaytraining.com](http://makeaplaytraining.com)



[@coachblakehsv](https://www.instagram.com/coachblakehsv)

## RETURN TO SPORT KNEE REHAB FOR ATHLETES



## REINJURY RATES

After an ACL tear, 30% of youth athletes who return to sport will sustain a second ACL injury within two years (Paterno et al., 2014). However, when certain movement, strength, and power criteria are met, the reinjury rate drops to 5% (Grindem et al., 2014).

Make A Play Training helps athletes return to sport with a far lower chance of reinjury, compared to those who follow improper training and rehab protocols. We use advanced technology to make sure all standards are met before the athlete is cleared to return.



## TRAINING

**Late-Stage Knee Rehab Training** is a program designed for athletes recovering from knee ligament injuries such as the ACL, MCL, MPFL, PCL or CLC. Our goal is for the athlete to return to sports quickly and safely, and at an even higher level than before the injury occurred. Our rehab program involves agility, power, speed, and strength training to ensure a comprehensive rehab protocol.

### ON-SITE

- Each 75-minute session consists of six or fewer athletes - all who have suffered a knee injury
- Each athlete is provided an individualized program that will be led and adjusted as needed by a certified strength and conditioning specialist

### ONLINE

- Can be done at any gym or home that has the appropriate equipment
- Athletes will receive an individualized program with links to in-depth videos and coaching points for each exercise
- Coach check-ins/calls are provided to answer any questions and determine the athlete's progress

## TECHNOLOGY

In other programs, the athlete might receive a "cookie cutter" program that is designed for a normal, healthy athlete and it completely disregards the specific, complex nature of post-surgical training in athletes recovering from a knee injury.

Make A Play Training uses state-of-the-art technology to properly measure each athlete's strength, power, muscle mass, and speed. These tools help determine the athlete's weaknesses and deficiencies:

- **Electronic Jump Mats:** provides knee power symmetry (weekly reports)
- **Body Composition Scanning:** measures muscle mass improvement
- **Laser Timing System:** measures dynamic speed improvements
- **Electrical Muscle Stimulation:** ensures recovery of deteriorated muscles

