



TWIN CITIES
ORTHOPEDICS



TRAINING
HAUS

ATHLETIC COMPETITION ENHANCEMENT (ACE)

[TrainingHAUS.com](https://www.TrainingHAUS.com)

ATHLETIC COMPETITION ENHANCEMENT

The Training HAUS Athletic Competition Enhancement (ACE) program is a comprehensive return to performance program customized to each athlete with a focus on an athlete's return to performance following an injury whether operative or non-operative. In a small-group setting, our sports physical therapists, athletic trainers, sports performance coaches, and sports scientists work as a team to develop and implement programming specific to each athlete's injury concerns and performance needs. It is our goal to ensure athletes stay consistent with their training routine to ensure a safe and effective return to sport.

COMMUNICATE

Licensed athletic trainers and certified strength coaches continuously communicate with athletes' physicians and physical therapists to optimize training programs to safely supplement and assist in the course of therapy.

EXECUTE

Programs and progressions are individualized to athletes' specific tissue healing and movement needs utilizing evidence based, state of the art objective testing procedures to track progress along the way.

GROW

The ACE program's main goal is to progress an athlete back to full unrestricted activity in a gradual manner to avoid spikes in loading that may potentially lead to concurrent injury.



ACE STRENGTH

- Small group training sessions 2-3 times per week with our sports performance coaches and athletic trainers
- In coordination with formal rehabilitation, ACE Strength will assist athletes with regaining appropriate muscle strength and movement control, aiding with the transition into the next phase of rehabilitation regardless of injury
- Focuses: muscular strength, fundamental movement mechanics, conditioning
- Approximate duration: 12-16 weeks

ACE SPORT

- Small group training sessions 2-3 times per week with our sports performance coaches and athletic trainers
- Late phase return to performance program allowing for increased intensity in strength, power, speed, agility and overall conditioning
- Focuses: acceleration, deceleration, jumping, landing, sprinting, agility, reactive decision making, conditioning
- Approximate duration: 12 weeks

LEARN MORE

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GET STARTED