



Athletic Training and Sports Performance Clinic Crystal Lake

Sports and fitness are essential to a healthy lifestyle. The Sports Performance Program at Northwestern Medicine Orthopaedics Crystal Lake helps athletes of all levels find success on the field, ice or court.

Complete with state-of-the-art technology and advanced therapies, our facility features space for classes and individual training with weights, cardio equipment, suspension straps, total-body resistance equipment, agility ladders and much more. Northwestern Medicine athletic trainers and certified group/personal fitness instructors are dedicated to providing comprehensive care to help you maximize your performance.

**To learn more, call 815.788.2278 (TTY: 711).
To reserve your place in class, you must
register and pay in advance.**

**Northwestern Medicine Orthopaedics
Crystal Lake**
420 North Illinois Route 31, Second Floor
Crystal Lake, Illinois 60012
nm.org/sportsmedicine

Dartfish Running/Pitching Analysis

Dartfish running/pitching analysis software is a unique technology for biomechanical analysis. Specifically designed to measure the body in motion, Dartfish motion analysis provides detailed information about improper body mechanics, existing muscle imbalance and gait. This leading-edge technology gives athletic trainers and physical therapists the ability to detect issues that could interfere with overall performance. The feedback allows you to make on-the-spot changes during training time. As a result, workouts are more efficient, and individual athletic improvement may take less time.

The analysis also includes a functional movement screen designed to identify compensatory movement patterns that indicate a higher injury risk and inefficient movement that causes worse performance.

Dartfish analysis takes approximately 90 minutes and includes a home exercise program, video analysis, consultation and functional movement screen. This also includes a follow-up visit of approximately 30 minutes.



Performance enhancement

(One-on-one or group training sessions available)

This program is designed to help you improve speed, agility and power specific to your sport. Athletes today need a competitive edge to stand out and compete at the next level. Enhance your skills and become better, faster and stronger with our program. Our sports performance team will design an individual or group program specific to your needs to maximize results. Call us at 815.788.2278 for more information.

ACL Bridge Program

Designed for athletes of all ages, the ACL (anterior cruciate ligament) Bridge Program picks up where formal physical therapy leaves off. This is an appropriate class for individuals who have been cleared by their physician to begin higher-level activities, including running, jumping and change of direction.

Our medically based program uses dynamic lower-extremity assessments to track and optimize movement patterns to enhance sports-specific abilities to fit your needs.

Our goal is to transition you back to full recreational/sports activities without limitations.



You will have two 60-minute training sessions per week to develop unilateral leg strength and power, multidimensional movements, plyometric mechanics, neuromuscular control and core stability. This is a cash-based service and is not covered by insurance.



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