

Performance Health



ORLANDO
HEALTH®



**Jewett Orthopedic
Institute**

What Is Performance Health?

Performance Health is an innovative field of healthcare that combines preventive care with the science of sports medicine to provide athletes with comprehensive care. There are more healthy athletes than medically injured athletes, and the path of Performance Health differs from traditional medicine by placing an emphasis on the healthy, non-injured individual, along with the injured.

Performance Health at Orlando Health

At Orlando Health, we provide assessments and advice to help your athletes achieve their peak performance. In helping athletes optimize their physiology, our Performance Health team is able to establish both baselines and relationships to best care for them throughout all phases of their health. If injury does occur, our team will guide your athlete through the diagnostic, treatment and recovery process. We also provide on-site services and resources that will benefit your athletes and allow your in-house athletic trainers and coaches to focus their skills as needed.

Performance Health Pillars

Our Performance Health program encompasses three major performance areas: mental, physical and nutritional. Offering your athletes information and solutions together with take-away education on these topics are our foremost priorities.

Mental Performance

- Mental well-being assessments
- Training programs for athletes, coaches, teams
- Continuing education

Physical Performance

- Performance assessments and physical evaluations
- Strategic training plans
- Development monitoring

Nutritional Performance

- Nutritional quality assessments
- Education on the basics of nutrition
- Guidance on dietary modifications



Athlete-Centered Care

With the athlete always at the center, we offer a multi-pronged approach to the care and services we provide, based on an athlete's individual needs at any particular time.

Surgical

Orthopedic Surgeon

Optimization

Certified Athletic Trainer (ATC)

Recovery

Clinical Therapist

Fatigue

Performance Health Specialist

Maintenance

Performance Health Specialist

Injury

Primary Care Sports Medicine (PCSM)

Partner Types

Community (various)

Athletes and partner providers

Presentations/Speeches

EAL/patient navigation

Document acquisition





Supporting Our Partners – Let Us Help You

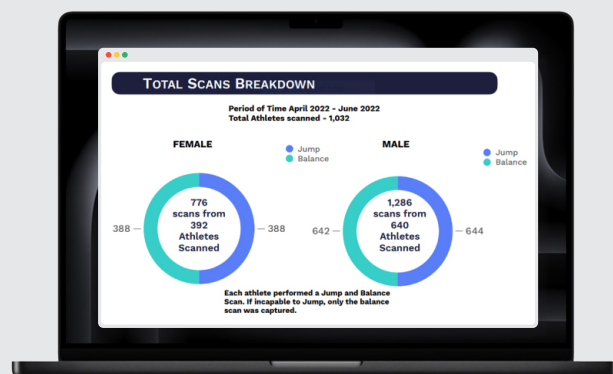
We are committed not only to helping your athletes become the best they can be but also to helping you and your staff achieve success – from the training room to the locker room to the field – to best support your athletes in their growth and development and in their sports careers.

We know that understaffing is a real concern, and our team can help ease your workload with a consistent on-site presence. Our innovative athlete testing and research initiatives can provide valuable insight to help you and your staff execute your roles better. And our training programs and continuing education opportunities can help develop and elevate your coaching team to higher level. We're in it for the win – on and off the playing field.



Performance Health in Action

We know the true value of our program to you, our partners, is the proven quality and results of our services for your athletes. The graphic below is just one example of how performance health can enhance your athlete's physical skills level.



Notes

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For more information, visit OrlandoHealth.com/Sports

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