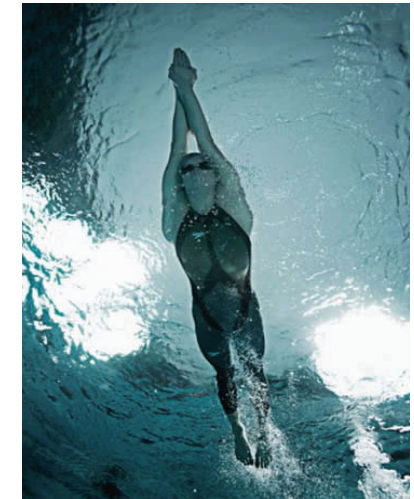
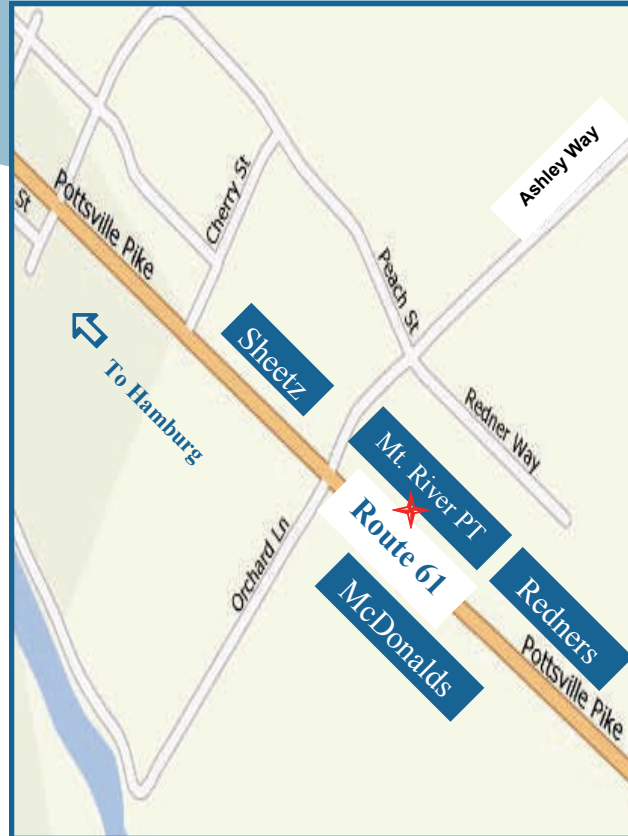


Why Should You Consider "S.P.E.E.D" Training?

- ◆ Poor form and knowledge of proper out of the water training will directly transfer to impaired movement patterns in the water.
- ◆ The "SPEED" approach will provide you with the opportunity to improve your strength, power, and endurance.
- ◆ To decrease your injury rate.
- ◆ To increase lean muscle and lower body fat
- ◆ To Improve functional flexibility
- ◆ To provide yourself with the best opportunity available to maximize your potential!



S.P.E.E.D.
"Just for Swimmers"

"I have worked with multiple physical therapists and specialists over the years and none compare with the improvements I have made with Justin. As a swimmer, it only makes sense to work with professionals who have experience and knowledge in the sport. Justin is not only very knowledgeable about the sport, but he possesses a passion and enthusiasm for enhancing swimmers potential in and out of the water"

Megan Bauer—7 time All-American State Champion

"Working with Justin not only eliminated my long term shoulder pain, but also educated me on effective dryland workouts. Training sessions were intense and had a positive influence on my performance in the water."

Breanna Folk—6 time All-American Olympic trials qualifier
State Champion and record holder

Mountain River Physical Therapy
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The "S.P.E.E.D" Approach

Specialized program for each individual. This is not a "cookie cutter" approach to training. Instead, we take a very comprehensive approach to out of the water conditioning and movement pattern analysis. Although we follow a logical, safe, and proven approach with each individual, we recognize that each individual must have specialized components to their program design. Modifications are provided based on age, competitive level, flexibility, ability to safely progress, etc. Each individual is independently assessed during each training session.



Performance and prevention based. The two go hand in hand. *We do not bulk up the swimmer!* This program is designed specifically to enhance swimming performance. Exercises are perfected rather than just repeated. The time is here to train smarter rather than just harder. We incorporate injury prevention into each and every program.

Educational, the transfer of out of the water training to in the water results. I believe strongly in teaching the swimmers *why* they are performing each exercise or routine, and *how to perform it correctly and safely*. Bad habits and poor instruction lead to lesser return on your training investment. As the adage goes "Give a man a fish.... Teach a man to fish and"... we know how it goes!

Exciting, and fun to keep you fresh in the sport of swimming. There is a high burn out rate in swimmers. Many swimmers begin training in the pool daily at a young age. Most swimmers will admit that "playing wall tag" can get boring over time. Providing a proven cross training approach allows the swimmer to maximize their potential and helps them improve their focus and potential during in the water workouts. We provide an exciting, upbeat, and positive approach to out of the water training.

Dynamic. As you will find out, we provide cutting edge and creative methods to our programs. Each individual is progressed appropriately based on attainment of proper technique in each designed exercise. This may result in adding a more challenging exercise, increasing the intensity, or adding load in a safe manner. We will not have the swimmers attempt new exercises until they are ready to progress to the next level in a safe manner.

My name is Justin Eisenhofer. I was a competitive swimmer in Berks County during the early 90's, and a collegiate swimmer at West Virginia University from 1994-1998. As an inquisitive student athlete studying Exercise Physiology, I began to question the methods and purpose of our weightlifting and dryland routines. When I would kindly question "why" we were performing a particular exercise, I was often left with more questions than answers.



After my college education was complete, I earned my degree in Physical Therapy as well as my certified strength and conditioning specialist certification. I began treating patients who were swimmers, first locally, then from across the state. The story was almost always the same... "*I was pulled out of the water and told to rest for 3 weeks.*" Upon returning to the water, the results were almost always the same, return of pain and frustration. Over the period of five years I began to recognize consistent patterns of imbalance and movement dysfunction with these individuals, which ultimately led to my choice of writing my doctoral research on swimmers.

In 2006 I returned to the pool to train for the first time since college. This enabled me the opportunity to transfer the knowledge and professional experience I had gained to a personal level, and finally answer many of my long standing questions. Returning to the pool personally was perhaps the most important component in the development of the SPEED program as the gap between clinical knowledge and in the pool performance was finally sealed and appreciated.

Perhaps the most important component of the SPEED program is that it has been designed specifically for swimmers by a swimmer. Each assessment and exercise has been specifically designed and evidence based to transfer out of the water strength, control, and conditioning to in the water performance and injury prevention.

PRICE

Individual, group, and team rates available.

For pricing, please contact Justin Eisenhofer at
610.926.6778
justin.eisenhofer@mountainriverpt.com.



Your Partner
For Success