

Specialist Care with a Personal Touch

Join us for our open house!

September 4-6th, 2019

Sept. 4th and 5th 5:30-7:00 PM

Multiple interactive tours where you can see first-hand how we utilize our equipment to keep our athletes performing at their peak

Sept. 6th 5:30AM-11:15 AM

Early Friday morning, the festivities continue.

We have two underwater treadmills in the RE_Building. Join Mike Studer, PT in his effort to break the current WR for underwater marathon. You can participate by running in the other pool for a few of the > 3 hours that Mike will be running, from 5:30 to nearly 9am

Ribbon Cutting Ceremony

September 6th at 11:00 AM

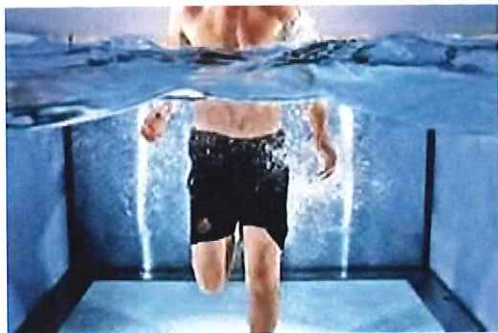


Our equipment:

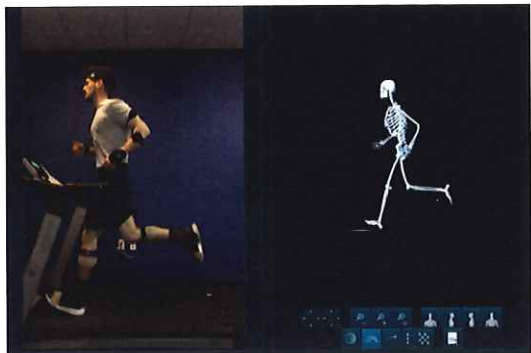
Receive a guided tour through the new facility and take an opportunity to experience the same equipment professional athletes use.

Underwater Treadmills

Train like the pros (NFL, NBA, NHL, etc), utilizing professional grade underwater treadmills which provide athletes opportunity to incorporate more high intensity training in a low impact environment. Ideal for recovery from an injury or competition, as well as tapering into a competition. Leave feeling refreshed.



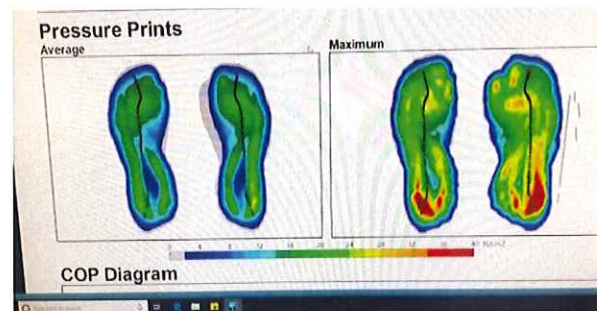
Running Analyses



Continue doing the things you love in a healthy and pain free manner. Our advanced equipment will analyze many aspects of your walking and running.

Instrumented Treadmill

View any gait abnormalities or risks for injury. Our sophisticated treadmill will analyze every step.



1080 Sprint Analysis

Track your progress with the 1080 Sprint. Measure speed, power, and acceleration. We will also simulate running up or down hill.

Isokinetic Dynamometry



Measure peak and average power output on the same system utilized at the NFL Combine. Results will help create a personalized program to prevent injury.

The **RE** Building

<https://rebuildingsalem.northwestrehab.com>

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Concussion Rehab: Help Your Athletes Safely Return to their Sport

Who this is for: **Football, Soccer, Basketball, Combat Sports**

Presenter: Mike Studer

September 10th, 5:30PM

Overview: A concussion can affect you in any way possible, from mood to strength to focus. Rehabbing a concussion is complicated, but great concussion rehab means athletes can safely return to their sport in a fraction of the time it would take with bad concussion rehab. Learn the do's and don'ts about concussion rehab from Mike Studer, one of the world's leaders in concussion rehab.

Ankle and Shoulder Injury Prevention: Keeping your Arms and Feet In the Game

Who this is for: **Baseball, Softball, Basketball, Volleyball, Soccer, Track throwers, Football**

Presenters: Zane Wise and Logan Walter

September 17th, 5:30PM

Overview: ankle and shoulder injuries are among the most common. You gotta have ankles to run and shoulders to throw and hit. Learn the most common ways athletes hurt their ankle and shoulder as well as simple exercises you can incorporate to decrease the chances of getting hurt.

ACL Injury Prevention and Rehab: Healthy Knees for Athletes

Who this is for: **Women's Soccer, women's basketball, football** (the top 3 sports for ACL injuries)

Presenters: Rachel Carson and Chris Aguirre

September 24th, 5:30PM

Overview: An ACL is a serious injury that changes your life forever. You can bounce back from it, but it takes a significant amount of time and most people don't feel like the same athlete they were before. Most ACL injuries are 100% preventable. Walk away from this lecture with practical tips and drills you can immediately apply to bulletproof yourself from blowing your knee out.

Move Like an Athlete: How to Create and Improve Athleticism in Youth Athletes

Who this is for: **Basketball, Soccer, Baseball, Softball, Track & Field, Football, Volleyball**

Presenter: Kyle Davey

Overview: Great technique in swinging a baseball bat, throwing a discuss, or kicking a soccer ball makes you better at these sports. Likewise, great technique in sprinting (acceleration and top speed), changing direction, and jumping makes you a better athlete, yet very few people teach kids how do be better at these things. "Go run, run fast, I hope you're good at it" is the approach most often taken. Learn the basics of sprint and lateral movement technique in this lecture to immediately become a faster, smoother, better athlete.