

102 Hockey Rehab and Performance

To air week of January 14, 2008

Intro: Whether you're a professional athlete, high school athlete or weekend warrior, reaching peak performance is a common goal. But that's not going to happen if you have deficiencies in strength or flexibility. In fact, these weaknesses are a common cause of injury. That's why Mayo Clinic's Sports Medicine Department developed a program aimed at helping athletes such as the hockey player you're about to meet, be their best.

Video

Total running time 1:33

Charlie Thauwald
High school hockey player

Joe Eischen
Mayo Clinic Sports Medicine

Audio

17-YEAR OLD CHARLIE THAUWALD
IS A STAR ON THE ICE.

"I REALLY LIKE THE PHYSICAL
PLAY. YOU KNOW, YOU GET TO HIT
A LOT OF GUYS."

BUT ALL THAT CONTACT AND FAST
PLAY CAN DO SOME DAMAGE IF
HE'S NOT IN TOP SHAPE.

"IF SOMEBODY IS TRYING TO
PERFORM AT THEIR UTMOST AND
THEY HAVE A DEFICIENCY
SOMEWHERE IN THEIR MOVEMENT
SYSTEM, THEIR BODY IS GOING TO
CHEAT AROUND IT TO GET THE
JOB DONE."

AND PHYSICAL THERAPIST AND

ATHLETIC TRAINER JOE EISCHEN SAYS CHEATING AROUND OR COMPENSATING FOR A WEAKNESS IN STRENGTH OR FLEXIBILITY CAN CAUSE INJURIES. CHARLIE FOUND THAT OUT THE HARD WAY.

Charlie Thauwald
High school hockey player

“I HAVE A LOT OF PROBLEMS PULLING A GROIN AND HIP FLEXOR DURING A GAME.”

SO CHARLIE, ALONG WITH OTHER MEMBERS OF THE VARSITY HOCKEY TEAM, ENROLLED IN MAYO CLINIC SPORTS MEDICINE'S HOCKEY REHABILITATION AND PERFORMANCE PROGRAM.

Charlie Thauwald

“HOPEFULLY I CAN GET STRONGER AND PREVENT INJURY.”

EACH PLAYER WENT THROUGH DIFFERENT STATIONS THAT HELPED JOE AND HIS TEAM FIGURE OUT HOW EACH ATHLETE IS PUT TOGETHER AND WHERE THEIR WEAKNESSES ARE.

Joe Eischen

“THIS ONE’S TESTING YOUR HIP FLEXOR AND QUAD FLEXIBILITY”. THEN THEY TAUGHT PLAYERS EXERCISES TO CORRECT THOSE DEFICIENCIES.

Joe Eischen
Mayo Clinic Sports Medicine

“WE TRY TO GIVE YOU THE BEST FRAMEWORK YOU CAN HAVE.” SO YOU CAN TRAIN HARDER WITH FEWER INJURIES, AND PERFORM BETTER.

Charlie Thauwald

“IT HELPED MY STRIDE BECAUSE I’M NOT FAVORING ONE LEG.”

Standup
Vivien Williams
Reporting

CHARLIE SAYS THE PROGRAM HELPS HIM STAY IN TOP SHAPE AS HE GEARS UP FOR COLLEGE HOCKEY. AND WHO KNOWS? MAYBE A SHOT AT THE PROS.

Charlie Thauwald

“AS A KID I ALWAYS DREAMED OF PLAYING PRO HOCKEY, BUT DEFINITELY WANT TO MAKE THE COLLEGE FIRST.”
FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS

Anchor tag:

Joe Eischen says that this program is not just for hockey players. Mayo Clinic can target these programs to meet the needs of any athlete or any person who wants to be fit, strong and healthy.

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