

**Mayo Clinic Medical Edge**  
**Hockey Rehab & Performance**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	17-YEAR OLD CHARLIE THAUWALD IS A STAR ON THE ICE.
<b>Charlie Thauwald</b> <b>High school hockey player</b>	"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.
<b>Joe Eischen</b> <b>Mayo Clinic Sports Medicine</b>	"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."

	<p>THE RESULT, SAYS PHYSICAL THERAPIST AND ATHLETIC TRAINER AT JOE EISCHEN, CAN BE INJURIES. IDENTIFYING AND CORRECTING THOSE DEFICIENCIES IS THE PREMISE BEHIND MAYO CLINIC SPORTS MEDICINE'S HOCKEY REHABILITATION AND PERFORMANCE PROGRAM.</p>
	<p>JOE AND HIS TEAM FIGURE OUT HOW EACH ATHLETE IS PUT TOGETHER AND WHERE THEIR WEAKNESSES ARE.</p>
	<p>PLAYERS ARE TAUGHT EXERCISES TO CORRECT THOSE DEFICIENCIES. CHARLIE SAYS THE PROGRAM HELPS HIM STAY IN TOP SHAPE AS HE GEARS UP FOR ANOTHER SEASON.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN</p>

	WILLIAMS.
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