



Eugene Timbers Fútbol Club Partnering with Oregon Medical Group Physical Therapy to Decrease Injuries and Increase Performance.

The Eugene Timbers Fútbol Club (ETFC) has recently announced its partnership with Oregon Medical Group Physical Therapy to offer injury prevention and sports performance enhancement services to ETFC athletes.

Incidence of both contact and non-contact injuries in youth athletes has been on the rise. Through this unique partnership, it is the goal of ETFC and OMG Physical Therapy to decrease the number of injuries occurring to ETFC athletes, especially ACL and knee injuries, through proper education and intervention with athletes, coaches, and parents.

With this partnership, OMG physical therapists will be available to act as a resource for athletes' musculoskeletal needs should ETFC athletes, coaches and parents chose. In addition, the following services (some via health care insurance) will be made available to all ETFC athletes, parents and coaches:

- Injury screens for all athletes to determine cause of pain and direct to appropriate medical follow-up and plan of recovery.
- Injury rehabilitation services (orthopedic manual physical therapy, [ASTYM System](#), and exercise prescription),
- Return to Sport program (strengthening, endurance, flexibility, speed and

agility, and skill training).

- Optogait video analysis system for movement and functional assessment (Optogait offered only at the OMG Ortho & Sports location).
- Periodic seminars on ACL injury prevention and nutrition and hydration - each led by a licensed physical therapist.

About Therapeutic Associates Physical Therapy @ Oregon Medical Group

(TAI @ OMG): TAI @ OMG is a partnership of outpatient orthopedic physical therapy locations that provide hands on manual therapy to individuals of all ages and abilities. With five locations in the Eugene/Springfield area, TAI @ OMG offers convenient access of a variety of specialty programs and services for individuals seeking individualized and professional care.