

Sports Performance

McLeod Sports Performance uses our technologically advanced Sports Medicine training facility to prevent injuries and optimize performance of any athlete.

Three main goals:

1. **Injury Prevention**- McLeod Sports Medicine is dedicated to injury prevention through our Sports Performance Programs. Sportsmetrics offers the only program that retrains athletes to successfully jump and land. It is the only scientifically proven program that reduces the risk of knee injury, increases power, and improves leg strength.
2. **Enhance Performance**- Our Sports Performance Specialists design and develop programs to optimize speed, agility, strength, and power based on the most up-to-date research in strength and conditioning.
3. **Improve functional movement and/or efficiency of mechanics during athletics** – Our Sports Performance Specialists use a Functional Movement Screen upon initial evaluation. The Functional Movement Screen (FMS) is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness. We also use dartfish motion analysis software to analyze functional movements, running, and throwing mechanics.



Our Sports Performance Specialists are also Certified Athletic Trainers. These individuals take a medically based training approach to analyzing movement patterns. As a weakness or deficiency is identified, a specifically catered program is designed to meet the needs of the individual. Call us to schedule your next appointment.

Please contact Dave Stoklosa MS,ATC, CSCS for more information.
(843) 616-8235 - Dstoklosa@McLeodhealth.org

McLeod Sports Medicine
2439 Willwood Dr.
Florence SC, 29501
(843) 777-5139

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The information presented is offered only as something to consider in your quest for health and well-being. Always consult your healthcare provider before making any lifestyle changes.