

Sioux Falls Skyforce Teams Up with the National Institute for Athletic Health & Performance at Sanford for the 2011-12 Season

The Sioux Falls Skyforce has teamed up with Sanford Health once again for the 2011-12 NBA Development League season. Over the past 16 seasons, Sanford Health has provided the Official Sports Medicine Team for the Skyforce. Additionally two years ago, the National Institute for Athletic Health & Performance (NIAHP) at Sanford began coordinating a complete injury risk reduction and athletic enhancement program designed specifically for each player. And this year, the program will be even more comprehensive.

NIAHP has developed a unique integrated package of services provided by their staff, along with Sanford Orthopedics and Sports Medicine, Sanford POWER, and Sanford Athletic Trainers and Physical Therapists that began in the preseason and is continuing throughout the 2011-12 season, to optimize health and performance of the Sioux Falls Skyforce.

NIAHP conducts individual assessments and provides customized recommendations on hydration, nutrition, recovery, and fitness to optimize each player's training and performance and reduce injury risk. NIAHP's Sports Dietitian develops nutrition guidelines and assists in providing individualized nutrition and rehydration strategies. The staff at NIAHP also completes body composition assessments and fitness testing and continues to monitor hydration status of each player throughout the season.

Sanford Orthopedics & Sports Medicine physicians conduct comprehensive pre-participation physical exams on all Skyforce players. Any concerns found are followed up with a consultation with the team physician, and players with addressable orthopedic issues are referred to Sanford Sport Rehabilitation to work with the Physical Therapist. All players also undergo baseline concussion testing, using the nationally known computerized ImPACT™ assessment program that Sanford Health is trained to offer. This neurocognitive test battery provides a baseline for each player that will help the medical staff in determining the degree of head trauma severity and return-to-play readiness should a player experience a concussion.

A Sanford Certified Athletic Trainer (AT) is also with the Skyforce team for all practices and games. The AT works closely with the team physician and coaching staff to monitor the medical status of the players. In addition to the myriad athletic training services provided such as daily treatment and rehabilitation of the players, the Skyforce AT works closely with NIAHP and others on the integrated team to provide insight and critical information regarding each player's day-to-day health and well being.

The Sanford POWER Athlete Enhancement Program provides a dedicated Strength & Conditioning Specialist to the Skyforce. This basketball conditioning specialist evaluates each player individually and assesses his training needs and performance goals. Physical Therapists from Sanford Sport Rehabilitation also evaluate each player to determine biomechanical and functional limitations which may place them at greater risk for injuries. Individualized programs are designed for each member of the Skyforce, based on these initial evaluations.

A team of over ten Sanford Health employees work together with the Skyforce coaching staff and their players to help the Skyforce optimize training and performance, reduce injury risk and minimize rehabilitation time. Sanford Health is proud of this unique integrated program for the Skyforce and looks forward to working with local high school, college and professional teams to similarly help maximize the talent on each team and keep players in the game.

To learn more about our fully integrated athletic services, visit www.sanfordhealth.org keyword: NIAHP or call us at (605) 328-4750.

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