



TRAINING  
**HAUS**

# TRAC PROGRAM

Athletes recovering from significant knee injuries work with our Training HAUS sports scientists to design and optimize individual rehabilitation plans utilizing research-grade biomechanical testing data.

*\* TRAC: Testing for Return to Athletic Competition*

## TEST

Beginning as early as 3 months post-surgery, athletes undergo a comprehensive, 45-minute testing session in our Training HAUS Sports Science Lab. Using the latest force plate, motion capture, and dynamometry technologies, sports scientists analyze a multitude of variables including: isometric quadriceps strength, force production strategies, and single leg landing mechanics.

## OPTIMIZE

Biomechanical test data helps streamline a comprehensive rehabilitation program customized for each athlete's individual needs. Training HAUS sports scientists collaborate with care teams to optimize the treatment plan. Depending on the athlete and injury, our team works alongside surgeons, physicians, physical therapists, athletic trainers, personal trainers, and strength coaches.

## COMPETE

We are laser-focused on one goal – preparing athletes physically and mentally to return to competition.



*\* Timeline milestones are approximate and vary by athlete as they progress through rehabilitation*

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**GET STARTED**