



# BOMMARITO PERFORMANCE SYSTEMS

## MEDICAL / REGENERATION

**“BPS provides the best massage, chiro, and rehab in the business...for Pete to put all this together is a tremendous benefit to the athlete to come in and just focus on training.”**

**- Maurice Jones-Drew, RB, Jacksonville Jaguars**

### Athlete Accolades of Pete B

Fastest OT, 2010 (10yd, 40yd)  
Fastest QB, 2010 (10yd, 40yd)  
Fastest TE (230+), 2010  
Fastest DT, 2010 (10yd, 40yd)  
Fastest LB, 2010  
Fastest CB (e), 2010  
Fastest OG, 10yd, 2010  
Fastest TE, 10yd, 2010  
Fastest ILB, 10yd, 2010  
Fastest DE (270+), 10-yd, 2010  
Longest Jump, RB, 2010  
Longest Jump, ILB, 2010  
Longest Jump, TE (230+), 2010  
Highest VJ, ILB, 2010  
Strongest RB, 2010  
Fastest TE, 2009  
Fastest CB, 2009  
Fastest DE, 10-yd, 2009  
Fastest TE, 10-yd, 2009  
Fastest CB, 10-yd, 2009  
Fastest shuttle, TE & WR, 2009  
Strongest RB, 2009  
Fastest WR, 2008  
Fastest DE, 2008  
Fastest DE, 275+, 2008  
Fastest S, 2008  
Fastest LB, 2008  
Fastest TE, 10-yd, 2008  
Fastest TE, 2007  
Fastest LB, 2007  
Fastest DE, 270+, 2007  
Fastest DT, 2007  
Fastest RB, 10-yd, 2007  
Fastest overall 10-yd, 2007  
Fastest 3cone, QB, 2007  
Highest VJ, RB, 2007  
Strongest LB, 2007  
Fastest overall, 2006  
Fastest WR, 2006  
Fastest RB, 2006  
Fastest DT, 2006  
Fastest OT, 2006  
Fastest DT, 2005  
Fastest TE, 2004  
Fastest DT, 2003  
Athlete Run 4.34 or better, 6+ years  
225+ positional top 5 finishes  
75+ positional 1<sup>st</sup> place finishes

### BPS MULTIDISCIPLINARY APPROACH

Each player has UNLIMITED access to:

1. **Chiropractic**
2. **Physical Therapy**
3. **Massage Therapy**
4. **Neuromuscular Therapy**
5. **Muscle Activation Techniques™ (MAT) Specialists**
6. **Active Release Technique (ART) Specialists**
7. **Graston Technique Specialists**
8. **Athletic Training**
9. **Orthopedic Evaluations and Recommendations**
10. **Biomechanists**

### EVALUATIONS

Full Initial medical screening from all 10 disciplines

- Static and Postural – joint and muscle function and alignment
- Transitional – basic athletic movement and firing patterns
- Dynamic – full speed motions

### MEDICAL TREATMENT PLANS

Daily and weekly individualized medical script for each player based on:

- Initial evaluations, current or prior injuries, compensation patterns, and imbalances
- Response to treatments and training

Assignment to a medical specialist or station during the “Regeneration” sessions

- Medical discipline assigned per session will depend on eval, treatments and response
- BPS medical team conducts weekly meetings to constantly change and manipulate individual plans

### CORRECTIVE EXERCISE / REALIGNMENT PROGRAM

Individualized prehabilitation and activation script that are implemented into:

- Realignment station during Regeneration or Active Rest sessions
- Complexed within strength training sessions

### REGENERATION

Standard regeneration protocols to maximize recovery from intense training

- Pool recovery
- Hot/cold contrast, Ice bath
- Lymphatic Draining, flexibility, mobility, yoga, Pilates sessions
- Modalities – Ultrasound/Stim, Accelerated Recovery Performance (ARP), Traction, Acupuncture



**WWW.BOMMARITOPERFORMANCE.COM**

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