



***Keep Up Your Game!***  
***INTRODUCING NORTH CYPRESS  
SPORTS MEDICINE CENTER***

Whether you are recovering from an injury or working to improve strength, coordination or functional mobility, the North Cypress Sports Medicine Center's team of skilled physicians and physical therapists will develop a comprehensive plan to meet your goals.

Today's athletes require proper conditioning and maintenance of the body beyond regular exercise and nutrition. The experienced team offers a range of pre- and post-injury testing and treatment options to help athletes regain their ultimate levels of performance, while reducing their risk for injuries.

Whether you're a student athlete or pro competitor, weekend warrior or active senior, the North Cypress Sports Medicine Center can help you regain mobility and realize your performance potential. It's all about keeping you in the game.



## THE CULMINATION OF A GOAL

In 2009, the North Cypress Medical Center expanded its services when the North Cypress Sports Medicine Center opened the doors to its 7,000-square-foot, state-of-the-art facility.

Nine area physicians along with a team of experienced physical therapists now provide dedicated sports medicine care to the area. Led by Dr. David R. Mack, orthopedic surgeon and medical director, the doctors and therapists help athletes rehabilitate following surgery or injury.

“The Sports Medicine Center has elevated the level of care we’re able to provide for athletes of all levels and ages,” Dr. Mack said. “We’re able to perform functional assessments and outreach seminars to help athletes train better as well as avoid injuries.”

Before the center opened, there was no dedicated sports medicine facility in the area. Now athletes can receive first-rate care close to home, helping them return to their sports as quickly as possible.

## EQUIPMENT THAT’S SECOND TO NONE

You might not be a professional athlete, but you’ll sure be treated like one at NCMC’s Sports Medicine Center.

### Sophisticated Monitored Rehab System

Used in NFL training rooms, the Monitored Rehab System provides a detailed assessment of the athlete’s muscle strength. By producing a quantitative reading of muscle strength, the system can detect which muscle groups might be lacking. “This helps us target rehabilitation and

strength training,” Dr. Mack said. “We see a lot of ACL injuries and we can tell an athlete, for example, that his or her leg has 60 percent of the strength it’s capable of. Therefore you don’t return someone back to competition before he’s recovered.”

### Biodex System 3

This allows the team to test the strength of any extremity at a variety of positions and speeds as it compares the opposite side, providing an accurate assessment of power. “We can compare the right knee to the left knee and determine, with amazing accuracy, how far the athlete still has to go,” Dr. Mack said.

### Biodex Balance System

By using this computerized balance testing equipment, the team can measure balance in a variety of ways, then provide specific balance and proprioceptive training to improve function and prevent future injuries.

### Aquatic Rehabilitation

Far beyond traditional assessments, the Sports Medicine Center’s rehab pool, the HydroWorx 1000, is fitted with an underwater treadmill that allows athletes to walk and run much sooner than possible on dry land. This provides a greater margin of safety as the surrounding water minimizes the weight applied to the recovering joint.

“We use a camera to record technique and form,” Dr. Mack said. “Therefore, we have people working out a month or two earlier than they could on land. Real-time video feedback allows us to check their stride mechanics.” The center’s traditional treadmills are also monitored by video cameras to provide gait analysis.



### **A TEAM OF PROFESSIONALS— WITH PROVEN METHODS OF SUCCESS**

The facility may be new, but the team of physical therapists brings a wealth of experience and knowledge about how to best treat a host of athletic conditions.

#### **A passionate leader**

Ron Simon leads a zealous team of seven full-time therapists who are current and former athletes themselves. Ron worked for Dr. Mack's practice for several years prior to joining the Sports Medicine Center. "Having Ron as a part of this facility is a dream come true," Dr. Mack said.

As director of sports medicine, Ron pulls from his experience as a former Army National Guard medic and his advanced degrees in athletic training and exercise physiology plus his years in the field of physical rehabilitation.

"This is the pinnacle of sports medicine jobs," he said. "We have the most technologically-advanced physical therapy clinic I've ever been affiliated with."

#### **Everyone's an athlete**

But perhaps even more telling than Ron's experience is his personal approach to care. He respectfully refers to his patients as "athletes," whether they're an elementary school gymnast, a high school football player, a middle-age marathoner or a senior adult tennis player. And Ron has made a personal commitment to attend a post-rehab event of each of his athletes. Whether it's a Saturday afternoon round of golf or a neighborhood tennis match, "I'm there,"

he said. "In fact, at a recent Friday night high school football game, between the two teams, there were five athletes on the field whom my colleagues and I had treated." Ron was there on the sidelines.

Even people who spend a majority of their lives behind a desk, only to walk or bike on the weekends—to Ron and his team, they're athletes. "It might sound clichéd, but this is the game of life," he said. "It doesn't matter if you're an antique picker who just had knee surgery or have a desk job where an injury keeps you from sitting comfortably—athletes come in all shapes and sizes."



#### **Evaluation: a key first step**

In order to determine the best course of therapy for a NCMC Sports Medicine Center athlete, the diagnosis and evaluation are key. The majority of the people receiving therapy are first evaluated by a referring orthopedic specialist. Then the therapists take that diagnosis and evaluate thoroughly to develop a plan to help the patient return to full competitive level or active lifestyle. "Each therapist has his or her strengths," Ron said. "So our athletes get specialized care from someone who is an expert in that area."

Over the past year, the center has treated athletes from age five to 95. "We meet the most amazing people here," Ron said. "Everyone has a story. We're just proud to be a part of it."

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## RESUME PLAY

### WITH NORTH CYPRESS SPORTS MEDICINE CENTER'S SERVICES

The high-tech, 7,000-square-foot facility offers a range of services including:

- Post-injury and post-surgical rehabilitation
- Return-to-sport functional testing
- Aquatic therapy pool with underwater treadmill

The North Cypress campus also offers comprehensive diagnostic imaging and evaluation capabilities, as well as an ambulatory surgery center to meet all treatment needs.

## SPORT-SPECIFIC & INJURY-SPECIFIC REHABILITATION

The Sports Medicine Center offers individualized sport-specific and injury-specific evaluation and rehabilitation profiles to meet your needs.

From knee functional assessments for injured soccer players to throwing analyses for pitchers following an elbow or shoulder injury, the specialists evaluate every aspect of your injury and how it affects your game. The center's professionals will work with you personally to develop a customized rehabilitation program for the fastest, most complete recovery possible.

## GET BACK IN THE GAME

Saturday Morning Sports Injury Clinic

**WHEN:** Saturday Mornings from 8:30 to 10 a.m. following Friday Night Games

**WHERE:** Advanced Orthopaedics & Sports Medicine  
21212 Northwest Freeway, Professional Bldg II, Suite 605. On the campus of North Cypress Medical Center

**WHO:** Open to All High School and Middle School Athletes

Please bring your Parent/Guardian, Insurance Card, Social Security Card and School Claim Form from your Athletic Trainer or Coach.

Call ahead to David Griffin, L.A.T., outreach coordinator, North Cypress Sports Medicine, 281.793.9198.

To reserve your time to see one of our Sports Medicine Doctors

David Mack, M.D., medical director

Drew Fehsenfeld, M.D.

Jacel Brooks, M.D.

**FOR MORE INFORMATION OR TO SCHEDULE AN EVALUATION, CALL TODAY!**

North Cypress Sports Medicine Center, 21208 Northwest Freeway, Cypress, Texas 77429

**832-912-6330 • NCMC-Hospital.com**

www.ncmc-hospital.com