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Sports Performance Clinic

Injury Prevention. The UConn ISM Sport Performance Clinic provides a customized approach to evaluating and correcting whole body movement control and improving musculoskeletal health. Utilizing various movement screening tools, the Sport Performance Clinic professionals identify injury risk factors including mobility restrictions, muscular imbalances, and movement compensations. In addition, we provide individualized training to address underlying biomechanical issues to reduce the risk of acute and chronic conditions.

Performance. Are you wondering about the quality of your exercise routine? Do you need help mastering sports skills to optimize performance? Our sport performance training identifies and retrains movement inefficiencies to improve your ability to perform on the road, court, and field. The UConn ISM Sport Performance Clinic will take you to the top of your game!



Mike DiStefano

Director of Return to Play & Sport Performance

Certifications: Athletic Trainer
Corrective Exercise Specialist
Performance Enhancement Specialist
First Aid/CPR/AED Certified

Schooling: -MS University of North Carolina, Exercise and Sports Science with concentration in Athletic Training
-BA Lenior Rhyne University, Athletic Training

Honors: Recently honored as one of only 4 athletic trainers in the country to help author the National Athletic Trainers Association's Position Statement on Patellofemoral Pain Syndrome.

Specialties: Anterior Cruciate Ligament Rehabilitation

TALK TO US!

(860) 626-9444

ism@uchc.edu

@UConn_ISM

SAVE THE DATE



June 10th,
2022

UConn

**INSTITUTE FOR
SPORTS MEDICINE**

ANNUAL SYMPOSIUM

Topic:

**Blood Flow Restriction
Therapy**

JOIN US!!

Come learn more about blood flow restriction (BFR) therapy including scientific rationale, application, parameters and more!



UConn Health
Farmington, CT



8:00 AM -
12:00 PM

for more information about us visit the link

SPORTS.INSTITUTE.UCONN.EDU

UConn ISM Spring & Summer Events

June 3: NSCA State Conference, UConn Campus- Return to Play: How Do We Know? When Do We Know?
Speaker: Julie Burland

June 4: ISM Booth & Screening at Simsbury Road Race

June 10: Blood flow restriction training symposium at UCHC

July-August: Prevent & Perform- Elite Summer Trainings in Glastonbury with Mike DiStefano

All Summer: Running Clinic & Gait Analysis

WANT TO BE A UCONN ISM RESEARCH SUBJECT?

Previous Hamstring Injury: Volunteers wanted for a research study to determine long term effects of hamstring strain on muscle quality.

Contact: Jacob.McDougle@uconn.edu

Patellofemoral Pain: Looking for both health individuals and individuals with patellofemoral pain to participate in a research study.

Contact: Neal.Glaviano@uconn.edu

Shoulder Mobility: Looking for individuals with limited shoulder motion to participate in a research study.

Contact: Maryclaire.Capetta@uconn.edu

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Featured Publications

Trends in movement quality in US Military Academy cadets 2005-17: A JUMP-ACL study

Timothy G. Eckard ^{a,*}, Stephen W. Marshall ^b, Kristen L. Kucera ^c, Erik A. Wikstrom ^c, Kenneth L. Cameron ^d, Lindsay J. DiStefano ^e, Darin A. Padua ^c

^a Department of Physical Therapy, Western Carolina University, Cullowhee, NC, USA

^b Injury Prevention Research Center, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA

^c Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC, USA

^d John A. Feagin Jr. Sports Medicine Fellowship, Keller Army Hospital, West Point, NY, USA

^e Department of Kinesiology, University of Connecticut, Storrs, CT, USA

Youth Perceptions of Sport-Confidence

Emma F. Zuk,¹ Kristen Maksymiw,¹ Justin M. Evanovich,² Jennifer E. McGarry,² Hayley J. Root,³ and Lindsay J. DiStefano¹

¹Department of Kinesiology, University of Connecticut, Storrs, Connecticut; ²Department of Educational Leadership, University of Connecticut, Storrs, Connecticut; and ³Department of Athletic Training, Northern Arizona University, Flagstaff, Arizona

Pain severity during functional activities in individuals with patellofemoral pain: A systematic review with meta-analysis

Neal R. Glaviano ^{a,*}, David M. Bazett-Jones ^b, Michelle C. Boling ^c

^a Department of Kinesiology, College of Agriculture, Health and Natural Resources, University of Connecticut, USA

^b School of Exercise and Rehabilitation Sciences, College of Health and Human Services, University of Toledo, USA

^c Clinical and Applied Movement Sciences, Brooks College of Health, University of North Florida, USA

Effect of a Neoprene Knee Sleeve on Performance and Muscle Activity in Men and Women During High-Intensity, High-Volume Resistance Training

Disa L. Hatfield, Andrew M. Stranieri, Lisa M. Vincent, and Jacob E. Earp

Department of Kinesiology, University of Rhode Island, Kingston, Rhode Island

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