

What Is SNAP?

SNAP is an 8-week research-based program, created by physical therapists and athletic trainers, geared towards sports performance, knee injury prevention, and post physical therapy athletic rehabilitation following ACL or other knee injuries.

FOCUSING ON:

- Confidence
- Motivation
- Neuromuscular Control
- Muscle Strength
- Joint Mobility
- Endurance
- Plyometrics
- Proprioception
- Balance
- Power
- Agility
- Speed & Jump training
- Sport specific training



1 Kettle Point Avenue
East Providence, RI 02914



Sport and Neuromuscular Advancement Program (SNAP)



UNIVERSITY
ORTHOPEDICS

www.universityorthopedics.com/SNAP

Avenues to Success

Who Leads SNAP?

The SNAP program is led by Certified Athletic Trainers.

Athletic trainers are highly qualified, multi-skilled allied health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical evaluation, therapeutic intervention and rehabilitation of acute and chronic injuries and medical conditions to athletic populations.

Athletic trainers work closely with physicians, physical therapists, (and strength and conditioning coaches) to offer complete care to athletes.

Who Is The SNAP Program For?

- Athletes of all ages and individuals living an active lifestyle.
- Individuals who want to increase sports performance including strength, mobility, agility, power, and speed.
- Those who wish to have access to highly qualified healthcare professionals to increase athletic performance post knee injury.
- Patients who have sustained an ACL or another knee injury and are looking for a post-physical therapy advancement program to ensure a safe and successful return to athletics.
- Teams and individuals looking for sports performance training as well as prevention of ACL and other knee injuries.

Prevent

More than 200,000 athletes in the United States are sidelined due to ACL tears each year.

76% of those ACL injuries are due to non-contact mechanisms and therefore PREVENTABLE.

The SNAP program provides the training necessary to avoid faulty biomechanics that lead to the vast majority of ACL tears.

Progress

Bridge the gap between injury and success in high level athletics.

33%

of athletes experience a repeat injury after ACL reconstruction.

50%

of those repeat injuries are ACL tears to the other, previously healthy knee.

Post-physical therapy return to sport program:

- Provides an extra step of care in your rehabilitation journey.
- Builds your foundations of strength, neuromuscular control, agility, and functional movement to ensure a safe and successful return to sport.

Don't become a statistic: We focus on both lower limbs to correct muscular imbalances and address faulty movement patterns responsible for secondary ACL tears.

Perform

Finish your rehabilitation journey a stronger athlete than ever.

This program is not only intended for injured athletes—it is also ideal for healthy athletes looking to excel.

- SNAP is a program specifically designed to improve muscular strength, endurance, power, agility, neuromuscular control, speed, jump height, and more.

View results with 3 functional assessments: timed pre-, mid-, and post-SNAP.

Pricing Options

This is a cash for service based program, please inquire for full pricing details.

Think this program may be for you?

Reach out for more information.



Kara Renaud, MS, LAT, ATC

Associate Athletic Trainer
University Orthopedics Inc.

krenaud@universityorthopedics.com
universityorthopedics.com/SNAP

Scan the QR code for more details on the SNAP program

