

Published December 30, 2011, 12:00 AM



## S.W.E.A.T. program offered in Alexandria

After suffering what could have been a career-ending injury, local high school athlete, Logan Doyle, regained movement and improved performance after participating in a tailored rehabilitation program and the nationally recognized S.W.E.A.T. program offered in Alexandria.

After suffering what could have been a career-ending injury, local high school athlete, Logan Doyle, regained movement and improved performance after participating in a tailored rehabilitation program and the nationally recognized S.W.E.A.T. program offered in Alexandria.

A 16-year-old Alexandria High School athlete, Doyle participated in several sports prior to his injury. Unfortunately, a collision with an opponent caused a patellar dislocation (the kneecap came completely out of its groove), and left Doyle with a tough road of treatment and rehabilitation ahead.

The experts of Heartland Orthopedic Specialists consistently present nonsurgical options to help relieve pain and restore well-being prior to making other recommendations. Fortunately for Doyle, a nonsurgical approach was available to rehabilitate his knee.

In addition to his rehabilitation efforts, Doyle participated in the multifaceted S.W.E.A.T. program that Heartland Orthopedic Specialists has offered for the past 10 years. Focused primarily on preventing knee injuries using speed, weights, endurance, agility and technique (S.W.E.A.T.), the program is also praised for helping return injured athletes to competitive play.

"By focusing on proper technique in movements such as jumping and landing, in addition to weight training and endurance exercises," said Dr. Jefferson C. Brand, sports medicine specialist at Heartland Orthopedic Specialists, "athletes are trained how to avoid injury."

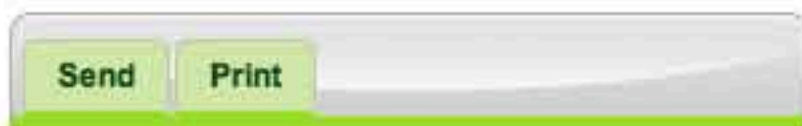
After seeing an influx of young athletes in the Alexandria-area suffering from knee injuries relating to organized sports, the sports medicine experts of Heartland Orthopedic Specialists saw the need to provide a prevention and rehabilitation program.

After significant research on multiple programs, the decision was made to utilize the Sportsmetrics model, S.W.E.A.T. Founded by the Cincinnati Sports Medicine and Orthopaedic Center in Ohio, S.W.E.A.T. was created in response to the high level of ACL (anteriorcruciate ligament) injuries suffered by young male and female athletes in high impact sports such as basketball, soccer, football and volleyball.

S.W.E.A.T. is offered in individual and team sessions. The program includes gymnasium work, core strength training and weightlifting.

For more information on the S.W.E.A.T. program, visit [www.DCSweat.com](http://www.DCSweat.com) or call the Sports Medicine Center at Heartland Orthopedic Specialists – A Department of Douglas County Hospital at (320) 335-6078.

Tags: business



Steinbring

**RECENTLY TRADED IN. THIS IS A ONE OWNER COACH, HAS NEW TIRES AND AN ELECTRIC AWNING.**

[view all offers](#) | [sign up for email offers](#) | [add your business](#)

*Happy Holidays from our family to yours!*

**Buy a \$25 Gift Certificate, Get a \$5 Gift Certificate Free!**

Come visit us in Garfield!  
[www.commonthreadsquilt.com](http://www.commonthreadsquilt.com)  
New Blog  
[commonthreadsmn.blogspot.com](http://commonthreadsmn.blogspot.com)

**Common Threads Quilt Shop**

jobsHQ

View all HotJobs ▾

**HOT JOBS**

**Nutrition Specialist**

Nutrition Specialist Douglas County is acc  
Date: 12-15-2011

**Nurse Practitioner / Physician**

Nurse Practitioner / Physician North Valley Hea  
Date: 12-22-2011

**Senior Care Advocate - RN, LICSW, LMFT, LPCC**

Senior Care Advocate - RN, LICSW, LMFT, LPCC or LP - Bloomington, Dut  
Date: 12-19-2011

**RN/LPN, CNA**

Frazee Care Center is searching for energetic employees who will make a  
Date: 12-15-2011

**MLTs and LPNs**