

# About Us

## Ready to Play



### Ready to Play Athletic Outreach Program

Injury questions??? Who hasn't had questions, at some point in their life, about an ache, pain, or injury they are experiencing? **Ready to Play** is a program designed for high school, middle school, and elementary school athletes, adult recreational athletes, and ANYONE at all who participates in sports and physically demanding recreational activities. **Ready to Play** is a sports injury management program which utilizes athletic trainers and physical therapists to provide assessments and information about how best to manage an ache, pain, or injury. It is not intended for specific diagnosis or treatment, but rather as a tool to assist in 'triaging' injuries in a timely manner so that further steps can be taken in the right direction to get the problem alleviated. **Ready to Play** is a resource for injury information and education. Recommendations can be made regarding appropriate follow-up care, when needed, with medical professionals who are specialists in the particular area that is injured. **Ready to Play** is a resource service and there are no charges associated with the assessments or recommendations. All Peak Performance clinics participate in the program, which means any athlete can call a location and schedule an assessment by a licensed therapist or athletic trainer, free of charge. Teams or groups can call the **Ready to Play** 'hotline' number and schedule a time for the athletic trainer to come to them for assessments or injury management training. Through Peak Performance, **Ready to Play** staff provides athletic training coverage for a number of local sports teams, leagues, and events.

Here are just a few of the schools, teams, and venues we have the pleasure of working with:



