



From Youth Sports to College Athlete to the NFL

Inside the Athlete Mindset & Needs
in "Sports" Physical Therapy



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Disclosure Statement

Jeron Mastrud

I have nothing to disclose



Learning Objectives

- The Mindset of an Athlete at all levels
- The pressure an athlete feels once injured
- What's missing in athletic rehab (metrics, confidence, progression)





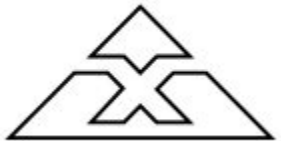
The Mindset of an Athlete

- The time/age you're in is all you know
 - Middle school, high school, college, pro
 - each age is equally as important because you don't achieve the next step without the previous one
- There are moments you can't get back
 - Playing with your friends
 - High school recruiting for college
 - College spotlight for pro
 - Pro only has so many opportunities before looking elsewhere
- "The best ABILITY is AVAILABILITY"



The Birth of APEX PWR

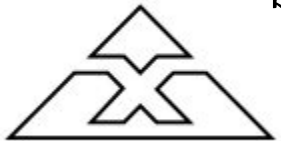
- Founded in August 2014
- Singular goal to provide athletes with injury rehab
 - Focus on providing a timeline & benchmarks throughout
 - Instill confidence & progressive return
- Added adults, especially those that were athletes
- Added Wellness (body composition, RMR and VO2 Max)
- Added return to sport training, offseason training & adult group training
- Here to give access to athletes & the active community





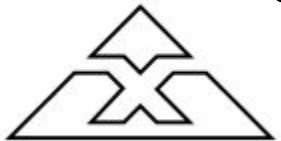
My Journey - Youth Sports

- Multi sport athlete throughout majority of life
- Pressure mounting with progression through middle school and high school
- Setbacks:
 - Broken Hand 6th grade - out for majority of baseball
 - Back Injury 7th grade - out of basketball entirely
 - Jumper's knee 9th grade - limited basketball
 - Meniscectomy 10th grade spring - limited summer training, football ability & basketball season



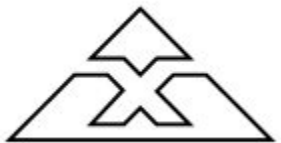
My Journey - College at K-State

- Experience with Division 1 training room - freshman vs starter
- “Surprisingly” started
- Career ascended & NFL trajectory became reality
- Setbacks:
 - Meniscectomy Junior off season (opposite knee) - limited winter & spring training, residual ROM & swelling issues throughout summer into season
 - Knee drained 3 times, 100+ CC's each time
 - “Ankle Sprain” turned stress fracture in the navicular bone
 - Cortisone shots weekly, surger end of season



My Journey - NFL

- Entered off of surgery & training for combine on one leg
 - Medical re-check at the combine
 - Failed to many teams medically
 - Signed waiver every team I played on for at least one knee, if not both
- Setbacks:
- Bilateral sports hernia after rookie season
 - MCL sprain 2nd season
 - Hamstring 3rd season



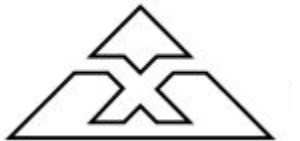
What was the common ground

- Each time an emotional setback
 - Away from team
 - Away from normal training w/ additional rehab load on scheduled
- Physical challenge
 - Many injuries included lengthy rehab with setbacks
 - Almost all felt the need to accelerate & return quickly regardless of prep
- Battling the “Unknown” - will I bounce back?



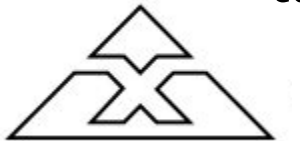
On the bright side...

- Middle & High School
 - Took me out of the “normal”
 - Challenged me at a “different” level
 - Prepared me for the injuries that came later in life
- Opened me up to more areas of training
 - It's not just about squat, clean, bench...
 - Timeline and progression outlined



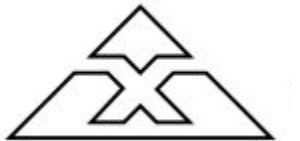
What went wrong...

- No measurements were taken
 - No HHD, tindeq, biodex, VALD or other objective measurements
 - No video or strength levels
- Conditioning lacked
 - No progression through my sports movements that would challenge conditioning
 - No variability included or repetitive testing
- Field work
 - Progression to sports
 - Confidence restoration



APEX PWR was Born

- A place to relate to the athlete & active adult
 - Expectations
 - Timelines
 - Evaluations & check ins
- Facility
 - Controlled environments to progress through all stages
 - Motivational & educated staff to carry out care



Takeaways...

- A larger emphasis on objective testing and evaluation up front
- Clearer communication between surgeon, PT team and patient
- Emphasis on patience, metrics and confidence building
- The greater the athlete, the greater their ability to cheat a test!
 - Objective analysis
 - Specific testing throughout relevant to sport (including when fatigued)



Thank You!

Excited for what's next!

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