

CASE STUDY

VIRGINIA ACADEMY

REDUCING INJURY RISK FOR BASKETBALL PLAYERS

Increasing strength, mobility
and nutrition education to
improve performance



OUR STORY

SCHOOL AND CLUB TEAMS.

DID YOU KNOW?

EXOS has supported hundreds of club teams and individual youth and high school athletes, as well as numerous national champions.



Youth and high school sports are a gateway to the next level. That's why we offer training, nutrition, and physical therapy solutions that work seamlessly with your athletic programs and help teams achieve winning results.

Our specialists will collaborate with your coaches to help individualize training for your young athletes, preparing them for what's next while paving the way for more championships. After all, the more successful they are, the more successful your team is.

OUR MODEL

PIONEERING HUMAN PERFORMANCE.

WE USE THIS PROCESS TO LEARN AND PRODUCE RESULTS FOR PEOPLE EVERYWHERE.

LEARN

1

We seek to understand the needs and aspirations of every person and organization with whom we work. A personal approach leads to more personal outcomes.

DESIGN

2

No matter what you want to achieve for your organization, team, or yourself, you need a plan that's tailored to you.

DELIVER

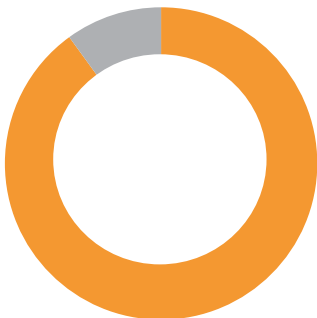
3

We connect people to the solutions they need, providing individualized plans based on time-tested fundamentals and research.

REFINE

4

We're constantly testing and adjusting our systems to produce measurable outcomes that you can see and feel throughout an organization.



90%

Satisfaction
Rating



PROGRAM

PILLAR PREP. MOVEMENT PREP. MED BALL. PLYOMETRICS. MOVEMENT SKILLS. STRENGTH AND POWER. ENERGY SYSTEM DEVELOPMENT. REGENERATION. NUTRITION.

120 MINUTES

OF EACH COMPONENT



Four weeks

Eight nutrition courses

Sixteen performance sessions



Success is not defined by performing at a high level once. It's about getting better every day.

EXOS' performance training improves functional movement to support the physical demands of life and sport. We help athletes of all levels decrease injury risk, build strength, and power.

Our coaches evaluate physical abilities and weaknesses to provide short- and long-term solutions which create more opportunities for young athletes to hone their skills, meet their goals, and get to the next level.

IMPROVEMENT

FUNCTIONAL MOVEMENT SCREEN.



Pre	FMS Score	14	15	15	16	13	Average	14.4
Post	FMS Score	16	17	17	17	17	Average	16.8

Greatest

Least

RISK OF NON CONTACT INJURY



PERFORMANCE EVALUATION

Pre	Post	Pre	Post	Pre	Post
NCM Jump	NCM Jump	CM Jump	CM Jump	Push ups	Push ups
28"	29"	29"	33"	53"	54"
24"	30"	25"	27"	50"	-
12.5"	14.5"	16"	16"	10"	19"
23"	24"	25.5"	27"	32"	41"
26.5"	27.5"	25.5"	29.5"	44"	-
Team Average					
22.8"	25"	24.2"	26.5"	31.6"	38"
10% increase		10% increase		20% increase	

RESULTS

THE FINAL SAY.

15%

DECREASE IN INJURY POTENTIAL



Virginia Academy

5 Athletes

Age: 13 - 18

Male/Female

Testing:

Overall improvement

Increased scores by 15%

= 15% decrease in injury potential

Vertical Jump:

NCM (None counter movement)

= Starting Strength

10% increase in Jump/Strength

CM (Counter movement)

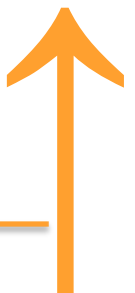
= Reactive Strength

10% increase in Jump/Height

Upper body strength

Max body weight push ups

20% increase in Strength



TESTIMONIALS



I LEARNED
NUTRITION PLAYS
A BIG PART IN
EVERYTHING I DID

- 8TH GRADE ATHLETE



Before I wasn't where I wanted to be strength wise and after I feel like I'm stronger and would like to continue.

-7TH Grade Athlete



I love the trainers here at EXOS. I learned how to take care of my body by eating good and healthy food. I would love to [continue training] if I can because I believe that it helps my improvement.

-12TH Grade Athlete



I could not do up to 35 push ups, but now I can do more than 40. I could not jump as high as I can now. After EXOS, I got stronger by lifting more weights and I'm more flexible.

-9TH Grade Athlete

WANT EXOS TO TRANSFORM YOUR TEAM?

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www.inova.org/exos
