

ATC's Philosophy

Acceleration Training Concepts (ATC) is a unique undertaking in the world of professional performance training. We currently use the Functional Movement Screen (FMS), Selective Functional Movement Assessment (SFMA), Y-balance test, special orthopedic testing, structural assessment and medical screening by a board-certified Orthopedic Surgeon when indicated. After a careful screening, a customized training regimen is offered and tailored to fit the needs, goals, and limitations of every individual.

The System Includes A Variety Of Modalities Such As:

- Corrective exercise
- Progressive resistance training
- Functional training
- Whole body vibration (WBV) with the Power Plate
- Recovery/Regeneration

Our performance system offers high level specialized physical training to a wide range of clients, supervised by highly professional, educated, and motivated performance specialists.

Note: For more detailed information regarding programs, methodology and staff, consult our website: www.atcpp.com



Tony Talamini, Co-owner

Jim Bocell, MD, Co-owner

Mission Statement:

ATC's professional multidisciplinary team creates revolutionary results utilizing current research and methodologies to educate, change lives and enhance performance.

1847 West Alabama
Houston, Texas 77098

Phone: 713-333-7733

Fax: 713-333-7732

Email: frontdesk@atcpp.com

www.atcpp.com



Revolutionary Fitness Results



Runner's Program
(Training for Performance)



Runner's Program

ATC supports the runners' endeavors by offering individual runners assessment (including testing for strength, mobility, symmetry, and alignment, etc.), runners' clinics, group training and general fitness programs.

Our staff includes a medical director (M.D.) performance specialists and licensed therapists to create a comprehensive team approach to the runner and the concerns he/she may have. ATC will work with you and your running coach to evaluate your nutrition and your

training schedule, plus your marathon preparation, training program, injury recognition and overall preparation.



The ATC Endurance Program Preparation Includes:

- Initial assessment using functional measurements
- Creation of individual/group running based strength programs
- Home exercise program development (corrective exercises)
- Recovery/Regeneration (including Power Plate technology)

POWER PLATE
HEALTHCARE

Program Highlights

ATC recognizes the special needs and goals of the running athlete. To address this need, we offer specialized system-based programs that encompass all areas of training.

Musculoskeletal Exam of the Running Athlete:

- Functional testing (FMS, Y-Balance, SFMA)
- Joint by joint approach to Mobility & Stability

Biomechanics of Running Athlete:

- Counseling advice regarding injuries commonly seen in runners (heel spurs, plantar fasciitis, IT band syndrome, and other overuse issues)
- Corrective exercises
- Injury prevention strategies

Special Strengthening Exercises for Runners:

- Running specific strength exercises
- Neuromuscular activation techniques

Periodization Training Schedules:

- Marathon preparation

The ATC training methodology is a system-based approach emphasizing functional movement assessment and training. This is a departure from "traditional" routines that rely upon progressive resistance exercises and single-plane concentric movements.



www.atcpp.com

ATC's Methodology

Our First Step is a functional movement screen (FMS) and medical assessment to evaluate joint mobility, soft tissue flexibility and muscular imbalances. Once abnormalities are identified in the kinetic chain, they are addressed with corrective exercises.

Our Second Step is instituted when the abnormal movement mechanics have been corrected. This involves integration and reinforcement, in an exercise program designed to encourage functional exercises in weight bearing positions.

Our Third Step involves progression through increasing levels of exercise, incorporating eight distinct components:

1. Inhibit
2. Lengthen
3. Mobilize
4. Activate
5. Integrate
6. Reinforce
7. Energy System Development (ESD)
8. Recovery/Regeneration

