

Peak Performance

Athletes improve their speed, strength, agility and flexibility at the Marshall Sports Medicine Institute.

You don't have to be an elite athlete to train like one. Using the most advanced techniques in the industry, the performance enhancement program at the Marshall Sports Medicine Institute helps athletes of all ages improve their speed, strength, agility and flexibility.

Tom Belmaggio, MS, ATC, CSCS, coordinator of sports medicine at Cabell Huntington Hospital and director of sports medicine at Marshall University, said motivating athletes to reach peak performance is a philosophy that begins as soon as they walk in the door.

"When you enter the Marshall Sports Medicine Institute, one of the first things you see is the Marshall University Athletics Hall of Fame," Belmaggio said. "You know you've arrived at a place for athletes who are committed to their sport, a place for people who want to push themselves to improve. That motivates you, whether you're playing college football or training for a 5K."

Performance enhancement programs are offered for athletes of all ages and abilities.

"We have programs for every age group: elementary and middle school athletes to high school athletes, Marshall athletes and active adults of all ages," Belmaggio said. "We may implement different styles of training with different groups, but in the end we want the same things. We want them to become more powerful. We want them to run faster and jump higher. We want them to build strength, gain flexibility and increase their agility. Athletes in every sport, at every age and at every skill level have the opportunity to improve their performance here."

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From jump training to Olympic-style lifting, from agility and speed exercises to NFL Combine training, the performance enhancement specialists provide a wide range of programs tailored to suit every type of athlete. Led by highly trained strength and conditioning specialists, the program offers advanced training, elite curriculum and pro-level equipment to help athletes reach their goals.

"Our strength and conditioning coaches have experience working with collegiate athletes," Belmaggio said. "They're trained in muscle mechanics and physiology and the types of lifting we're doing. They're trained in injury prevention exercises and techniques. You don't see a lot of programs like this, with such a high level of training and expertise, open to the community."

Shawn Bastin, MPT, MBA, executive director of rehabilitation services at Cabell Huntington Hospital, said another unique aspect of the performance enhancement program is how it is integrated into the Marshall Sports Medicine Institute's other services, including orthopedic surgery and physical therapy.

"We're able to make performance enhancement a part of the recovery process for our injured athletes," he said. "Traditionally, when athletes are injured, they are sent from surgery to rehab and then back to their sport. But rehab alone doesn't usually get athletes back to their pre-injury level of performance. Our performance enhancement program helps them transition back to their sport but also back to a high performance level, and our departments work closely together to make that transition as seamless as possible."

Walking past the Marshall University Athletics Hall of Fame to the performance enhancement area, complete with Olympic platforms, a speed and agility track, plyometric

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boxes and the latest treadmill technology, you may start to feel like an elite athlete. And at the Marshall Sports Medicine Institute, you'll be treated like one.

"Whether we're providing orthopedic surgery or other medical care, rehabilitation or performance enhancement, our goal is the same," Belmaggio said. "We're all here, working together, to provide what's in the best interest of our athletes." 🌱