

## Rebound Physical Therapy

### Sports, Rehab and Spine Centers Bend, Oregon Co-owners-Andy Fecteau and Kathy O'Hara

Begin with a 500 square foot shack... and a dream. Eleven years later the husband and wife team of physical therapists, Andy Fecteau and Kathy O'Hara own a 6 site physical therapy and sports performance lab empire in Central Oregon. Rebound Physical Therapy draws athletes from across the country to train and rehabilitate in Bend, Oregon at the foot of beautiful Mt. Bachelor. The location is ideal – drawing the athletic and outdoor minded for Alpine and Nordic skiing, year round hiking, cycling, and seasonal white-water rafting, mountain climbing, golf and tennis. Andy and Kathy have capitalized on this pristine location, specializing in sports medicine, rehabilitation and spine care.



***"Rebound has been at the forefront of physical therapy and sports performance, since its inception. Our mission is to create meaningful change in people's lives through continuing education, integrity and exceptional outcomes, and one of the ways we accomplish this is with extensive use of Dartfish software," states Andy. "Rebound strives to provide the highest quality, comprehensive physical therapy care in Oregon. We give each patient individualized attention, spending as much time as needed to ensure they meet their treatment goals. Through continuing education and collaboration among staff, our therapists stay abreast of the latest therapeutic***

*techniques and medical knowledge. That means our patients leave treatment with less pain, greater mobility and information that will help them stay healthy."*

Using the In The Action Dartfish Pro-Suite feature is integral in Rebound's work with patients and athletes, "making the rehab process more efficient, because you can visually observe what proper technique looks like," explains Fecteau. ***"With ITA, a picture is worth a million words. Doing the exercises properly can lead to full range-of-motion recovery."*** Many have experienced a trip to the physical therapist and have left with exercises copied on paper, illustrating exercises to be done between therapy sessions. Compare that to the accelerat-

ed standards of Rebound Physical Therapy where patients work on the proper exercises during their session getting instant visual feedback showing exactly what their body is doing, so movement is properly executed. Use of Dartfish drawing tools and angle measurements for increased awareness and understanding is a frequently used feature. The PT then stores the patient's data in the Dartfish digital library to show side-by-side comparison with before and after video shots throughout the treatment process.

This has proven to be extremely useful in gait analysis when filming a patient's movement pattern on the high speed treadmill, viewed on a 12 by 15 foot TV screen. Such effective functional retraining assures proper technique in therapy sessions, leading to use of proper biomechanics and positive outcomes. **"They walk out the door moving differently,"** states Andy.

Rebound has also developed CDs of KEY POSITIONS in the ANALYZER for proper exercise execution of multiple rehab. routines, which clearly and accurately shows each exercise and how it should be performed. The proper model of exercise can then be displayed right beside the patient's performance for comparison of correct form, posture, and movement.



The application of Dartfish mirrors the extensive and varied services offered by Rebound which include:

- > Rehabilitation for Athletic Injuries
- > Post-Surgical Rehabilitation
- > Spine Care, including spine mechanics and posture education
- > Hand Therapy
- > Aquatic Therapy
- > Custom Bracing and Orthotics
- > Industrial Rehabilitation and Work Injury Prevention

Another venue for Rebound Therapy is their **Sports Performance Lab** for articulate and customized programs which help clients achieve their varied and specific goals. "Whether your goal is to improve fitness or attain top performance, Rebound combines extensive physical therapy and national-level coaching to help you maximize your results." PT's apply current sport science research and innovative technology - **technology used by Olympians who train with Dartfish**, to ensure the best outcome.



## GOLF

Golf is an area where Rebound offers two specialized programs – one for **golf rehabilitation** and one for **golf fitness**. Golfers receive specific exercises to improve biomechanics, strength and conditioning and swing components. Services for each program incorporate a biomechanical examination with video analysis to design an individualized plan. **"We use state-of-the-art digital video analysis by Dartfish to analyze swing mechanics and identify faulty or aggravating movement patterns,"** states Fecteau.

Following video analysis and evaluation, a physical therapist and USGTF professional work with the individual to set goals and design a customized exercise program. Components of a program include video analysis of hand positioning on the club, body alignment, posture, swing mechanics and ball positioning, as well as video instruction for detecting faults and self-correction.

## BASEBALL & SOFTBALL

Baseball and softball skills are honed with pre and post pitching and batting video analysis of scapular movement with voiceover or written comments with video clips to enhance instruction. These include oblique views to achieve correct biomechanics and SIDE-BY-SIDE views in the ANALYZER. With a spring training program which includes a catalog of exercises, training takes on a whole new edge – one jammed with best practices using digital video analysis.



## CYCLING

Cycling is another area of Rebound expertise with customized biomechanical bike fitting which combines physical therapy and kinesiology. The two hour fit incorporates digital video to analyze your position, fit and pedal stroke efficiency on your road, triathlon, time trial or mountain bike.

A Biomechanical Bike Fit with the input of Dartfish video analysis can help you:

- > Dial in position and fit on your bike to maximize individual comfort, aerodynamics and power efficiency
- > Adjust bike and riding technique to your specific flexibility and muscle balance
- > Improve pedal stroke efficiency with 360 degree force
- > Compare cycling position and pedaling technique to elite riders
- > Improve balance and stability on the bike
- > Adjust body mechanics that often cause neck and back pain, knee problems or hand pressure issues
- > Obtain a home program to address areas of deficiencies burned on a CD



Although the Rebound Sports Performance Lab is essential for developing customized training plans to meet fitness and performance goals, the program is not bound to brick and mortar. With Mt. Bachelor out their Bend back door, Andy and other Rebound PT's head to the mountain for an open air lab to analyze both **Alpine and Nordic Skiing** techniques for their clients. With Dartfish at hand, posture and position, downhill runs, slalom courses, and jumps can all be captured and analyzed on the spot and/or back at the Performance Lab. Using Dartfish instant video feedback, ITA, and the SIDE-BY-SIDE and OVERLAY features, skiers can improve their performance and prevent injury by adjusting faulty motor patterns by relearning proper biomechanics practiced right on the run or track.

Another plus for Rebound is that physical therapists learn the use of Dartfish software quickly, with "few technical learning barriers, because it's easy to learn and use," Andy explains. This saves Rebound Physical Therapy both time and money, while continuing to foster innovative video analysis for stronger, faster, and exceptional outcomes.

**"Video doesn't lie," states Andy. "Most people know the ideal of how to move in a kinesthetic sense, but they may not be there. Dartfish connects these two realities – what you think you're doing and what you're actually doing."**

With 3 time Olympic cross country skier, Justin Wadsworth, on his Rebound team, along with US Pro Road Race Champion, Bart Bowen, who cycled professionally for 12 years, it is no wonder **"that we chose another proven Olympic level champion to join our Rebound team – Dartfish," states Andy.**