

# TEKTONIC SPORTS:

## BACK IN THE GAME STRONGER AND FASTER

By Matt Malatesta

Tektonic Athletic Development and Rehabilitation of The Woodlands is getting tangible results for high school athletes across north Houston.

Their philosophy is simple. The key to their success is that Tektonic integrates their team of specialists like no other to get their clients healthy and back on their respective fields of play. Teaming with their surgeons, Tektonic provides science-based physical therapy and athletic development as the most comprehensive medical package available.

Case in point. The Woodlands College Park running back Adrian Stewart was looking forward to a dream senior season on the football field and track oval this year. The week before the first game of the season, Stewart blew out his ACL.

Season over, right? Wrong.



After undergoing surgery in October which was performed by Dr. Kevin Coupe, M.D. of The Woodlands Fondren Orthopedic Group, Stewart began rehabilitating his injury at Tektonic.

"I had a teammate who rehabbed an ankle injury at Tektonic and got great results," Stewart said. "They were aggressive and began doing a lot of range of motion and stretching exercises with me. They began breaking up the scar tissue, while keeping my swelling down. Two months later, I felt like I was about 70-percent.



"I had another teammate who had the same surgery months before me," he said. "He was just working out at school and I was way ahead of his schedule – by several months. Tektonic works and I recommend it to any injured athlete."

While Stewart missed his senior football season, he's preparing for the upcoming track campaign and will be back in action by mid-season. He runs the 100 and 200-meter sprints. During his rehabilitation, Tektonic continued to work on his upper body and other leg gaining overall strength.

"I am feeling so much stronger right now and can't wait for track," he said. "I really feel unstoppable. Mentally, I know I've done the work and have probably prevented another injury like this in the future. I'm back to 100-percent."

Rehabilitation is only one part of Tektonic's winning equation. Their athletic development program is receiving accolades from some of the area's top athletes. The three-step Tektonic process begins with pre-training assessments. Whether you are a 10-year-old tennis prodigy or a 60-year-old distance runner, Tektonic takes every athlete through pre-training assessments to develop a baseline. The assessments seem simple – height, weight, vertical jump, flexibility tests, 40-yard dash, functional squat and sport-specific agility tests, which are all filmed. Like college and professional teams preparing for an opponent, Tektonic breaks down the film frame-by-frame to see any mechanical deficiency.

The second phase is a strength training workout with their professionals, which may show a strength discrepancy between each side of your body. After evaluating the strength between each side of the body, the third step is a cardio test with heart monitors to assess an athlete's conditioning.

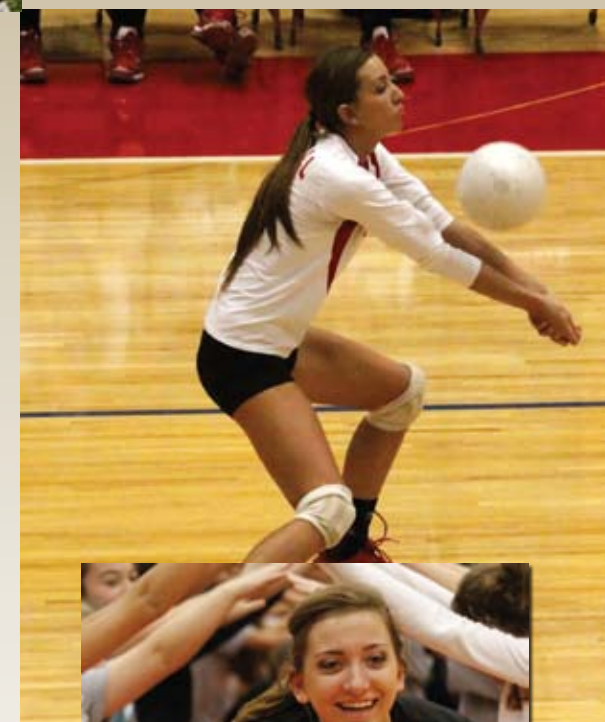
"With that, we have the blueprint of how we will attack the clients' athletic development program," director of athletic development Steve Wetzel said. "After 10 weeks of training, we will film a retest and be able to see the improvement. Sure the numbers improve, but we are able to sync both films together and see the motion improvements as well."

Currently going through the Tektonic process is Tomball junior volleyballer Sarah Temperilli, who recently committed to Mississippi State and also plays for the Willowbrook Volleyball Club.

"We are very happy with the custom-tailored package at Tektonic," father John Temperilli said. "It is not a one-size fits all program. The baseline diagnostic breakdown helped to highlight the areas of her body where she needed to focus for strength and stamina.

"One of her legs was weaker than the other by a margin considered too wide," he said. "In their quest to help Sarah be as effective an athlete as she could be, her strength deficit has been narrowed and she is a better balanced player. Sarah actually looks forward to going, to working hard, because she says she feels a difference. She feels stronger with a better vertical and more stamina."

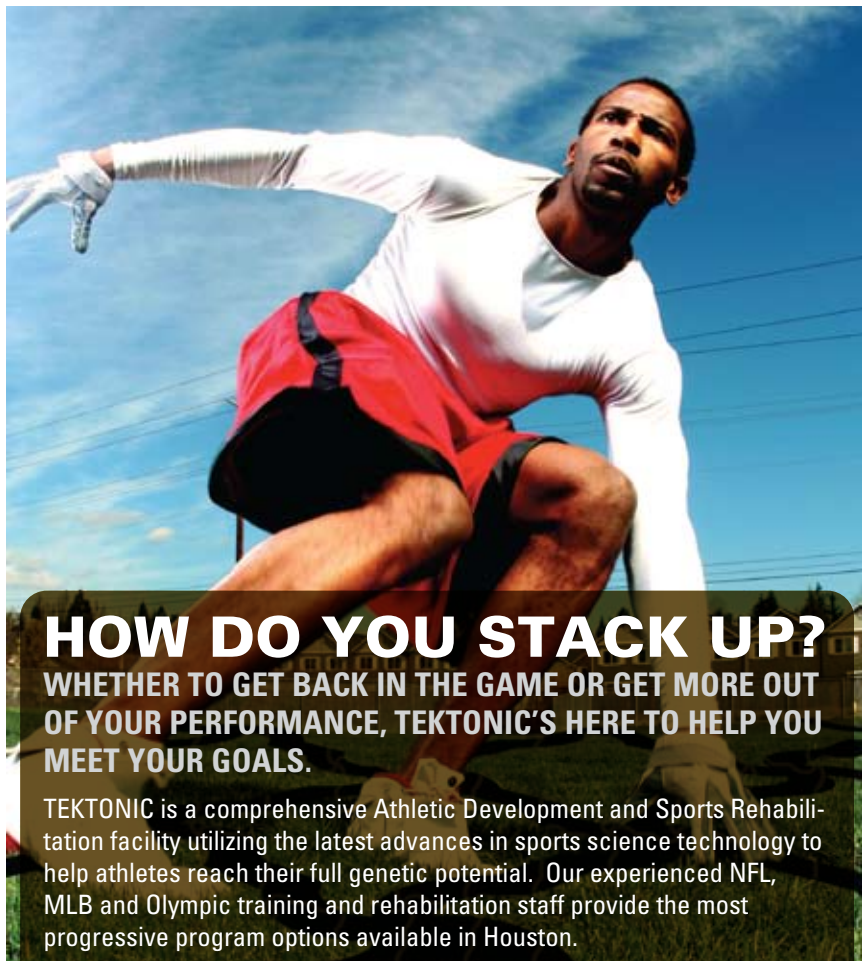
Temperilli also took advantage of Tektonic's professional nutritionist to



navigate an elite athlete's way through the day-to-day high school life.

"The guidance of the staff nutritionist was valuable, particularly when coached in such a way for a teenaged young woman athlete to hear and retain," he said. "We are believers in the program, enough so that we feel it is worth the drive from Tomball."

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