

Testimonials

"Training with Mike DiStefano has been the absolute highlight of my athletic career. Over my years as an athlete, I've worked out with professional athletes, staff members of the Olympic Training Center, and strength coaches in a Division I varsity weight room. None of them have even come close to Michael in expertise, intuition, understanding of physiology and his ability to perceive the most subtle limitations or imbalances. You haven't trained right until you've spent time with Michael DiStefano. Don't wait any longer!"

-Stacey Richardson

Professional tri-athlete

National Champion- Women 35-39

<http://tristacey.wordpress.com>

"I started seeing Mike after struggling with injuries for two years. He helped me build strength, balance and stability to prevent injuries while also increasing speed. He has helped me take my training and racing to a new level!"

-JoAnna Younts

2007 USA Triathlon All-American and World Championship Qualifier

"My two sons, ages 12 and 13, work out with Mike with a focus on dynamic strength, agility and speed enhancement. Mike has a firm yet fun manner and has developed an excellent rapport with my two sons. He is well versed in the latest research as it pertains to athletic performance and injury prevention. I would recommend Mike to parents of children who are serious and committed to improving their athletic performance."

-Brian, Proud father of 2 athletes

"It has been a joy for my son Lee to work with Mike. Working with Mike has built up Lee's strength and stability in addition to his baseball skills. From these experiences, Lee has learned how to take care of his body better as an athlete."

-Vicki, proud mother of Lee

Unsure?

If you are still not sure that meeting with Michael is the right thing to do, or are unsure of what he can do for you, schedule a free 30-minute time to talk. You can discuss your individual situation, personal goals, and find out how he can help you along your fitness journey.

Session Types

- Solo- work with Michael exclusively for your individual needs
- Partner- have a friend join you
- Small group- up to 5 at a time... perfect for a few teammates/workout partners
- Team training- at your field/facility to train specifically for your sport

Contact Information

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a Select Medical company

Sports Medicine Services



Sport Specific and Injury Prevention Training

Michael DiStefano, MA, ATC, LAT, PES, CES
Certified and Licensed Athletic Trainer
Performance Enhancement Specialist

Corrective Exercise Specialist



Michael joined the Select Physical Therapy family in August of 2009 upon moving from North Carolina where he was working at the University of North Carolina at Chapel Hill. He spent the previous three years working on various research projects studying the effects of injury prevention exercises and programs. His research projects have included studying youth soccer players, elite division I athletes, and major league baseball players.

In addition, Michael has worked with clients of all ages and ability levels ranging from the weekend warrior to world-class tri-athletes competing nationally and internationally. He blends his years of experience as a certified athletic trainer preventing and rehabilitating injuries with his experience as a performance enhancement specialist to offer a type of service that is hard to find anywhere else.

Education

Graduate: Exercise and Sport Science: The University of North Carolina at Chapel Hill; Chapel Hill, North Carolina

Undergraduate: Athletic Training: Lenoir-Rhyne College; Hickory, North Carolina



Sport Specific Training

Physiological demands on an athlete vary from sport to sport. For example, a soccer player utilizes different energy systems, requires lateral quickness, and needs more agility than a marathon runner. In addition, training should include exercises in multiple planes of motion and be progressive by targeting stability, strength, and then power.

Sport Specific Training includes:

- Flexibility training
- Core training
- Balance training
- Strength training
- Power training
- Speed training
- Agility training
- Plyometric training



Injury Prevention Training

The biggest risk factor for an injury is sustaining a previous injury. Therefore, preventing injuries such as ankle sprains, anterior cruciate ligament (ACL) sprains, and muscle strains from occurring in the first place is crucial. Current research indicates that many of these injuries can be prevented with proper training. Due to Michael's experience working on multiple injury prevention research studies, he is able to provide his clients with the most evidence base training available.

Injury Prevention Training includes:

- Identification of injury risk factors
- Movement assessment
- Gait analysis
- Comprehensive full body evaluation
- Corrective exercises to target:



Injury = ↓ physical activity = ↑ obesity = ↑ chronic diseases (heart disease, high blood pressure, etc) = ↑ medical costs = ↓ quality of life