



# DUKE SPORTS MEDICINE

## OUTREACH SOCCER PROGRAM



**Duke Sports Medicine is committed to providing the highest quality care to Triangle United Soccer Club**

### OUR GOALS

- **Keep athletes healthy.**
- **Educate area athletes on injury prevention, health, and wellness.**
- **Assist coaches and players on the development of proper training techniques for performance enhancement.**
- **Provide quality medical care to athletes facing soccer-specific injuries.**
- **Provide players, coaches, and parents' peace of mind because health and safety are our top priorities.**



## INJURY PREVENTION & TRAINING

As former collegiate players and leaders in the field of strength and conditioning, several Duke Sports Medicine staff members can provide specific training to teams or groups on a broad range of topics including ACL injury prevention, speed and agility and core training.

## EDUCATIONAL PRESENTATIONS

Duke Sports Medicine firmly believes educating athletes is vital to keeping players on the pitch and off the sideline. Therefore, upon request, we offer a broad range of educational presentations including topics on performance enhancement, injury prevention, and nutrition.

## INJURY ASSESSMENTS

Our team of sports medicine experts will take time to assess any soccer-related injury. A highly qualified member of our sports medicine team will conduct injury screens during season play. Specific times will be scheduled with your club to provide prompt access to a professional or email Brett or Jeanne to schedule an appointment with a Duke Sports Medicine physician or physical therapist.

## TOURNAMENT COVERAGE

Tournament play increases the risk of injury from minor cuts to more severe collisions. Duke Sports Medicine has several Certified Athletic Trainers on staff to support your medical needs and ensure that your club players will have the highest quality care.

## SOCCER OUTREACH STAFF

**Brett Aefsky PT, DPT, CSCS** is a Physical Therapist and Soccer Outreach Co-Coordinator for Duke Sports Medicine. He received his Doctorate of Physical Therapy from Duke University and is a Certified Strength and Conditioning Specialist. He is a former collegiate soccer player at Rider University, NJ and is a licensed soccer coach who has worked with youth soccer players since 1999.

Email - [brett.aefsky@duke.edu](mailto:brett.aefsky@duke.edu),

**Jeanne Graf PT, DPT, LAT, ATC** is a Physical Therapist, Soccer Outreach Co-Coordinator and Athletic Trainer for Duke Sports Medicine. She received her Doctorate of Physical Therapy from East Carolina University and Athletic Training Degree from UNC - Chapel Hill where she worked with their men's varsity soccer team. Jeanne was actively involved in ACL injury prevention research during both her undergraduate and graduate studies. She is a native to the Triangle and grew up playing soccer here. Email - [jeanne.graf@duke.edu](mailto:jeanne.graf@duke.edu)

**Dr. Bill Garrett, MD, PhD** is a Team Physician for Duke University. For the past 16 years, he has served as the Chairman of Sports Medicine's Committee for the United States Soccer Federation and has served as team physician with the U.S. Men's and Women's National Teams in World Cup competition. **John Lohnes, PA-C** and **Libby Pennington, RN** assist him in providing care.

## Q & A

How do I schedule a time for someone to work with my team or child and how can I find out more information about a specific topic?

Contact us at the below listed information or check the TUSA website for specific field times and locations to meet.

What type of team training is offered?

Together with team coaches, we will develop programs to target speed, agility, quickness, and power. If done consistently these drills may improve athletic performance.

What should I do if my child suffers a soccer related injury?

You may contact Brett or Jeanne for assistance scheduling an appointment with a Duke Sports Medicine Physician in 1-3 days.

