

## Pricing

If you take part in athletic training rehabilitation, you will be charged for these services.

After completing each session, **\$30.00** will be charged to your credit card.

These charges **will not be** submitted through insurance.

If you choose to use physical therapy because it is more cost effective, we can assist you with scheduling an appointment with an OI physical therapist at any of our three locations.



### Orthopedic Institute Sports Medicine Center

810 East 23<sup>rd</sup> Street  
Sioux Falls, SD 57105



### Orthopedic Institute Performance

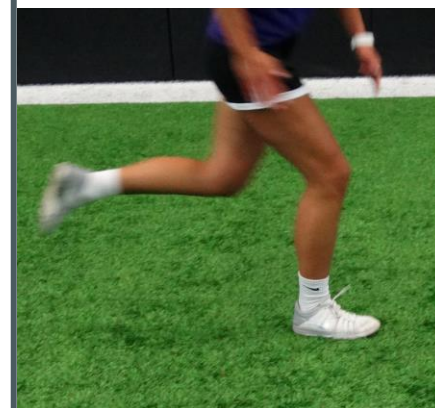
5901 S. Southeastern  
Sioux Falls, SD 57105

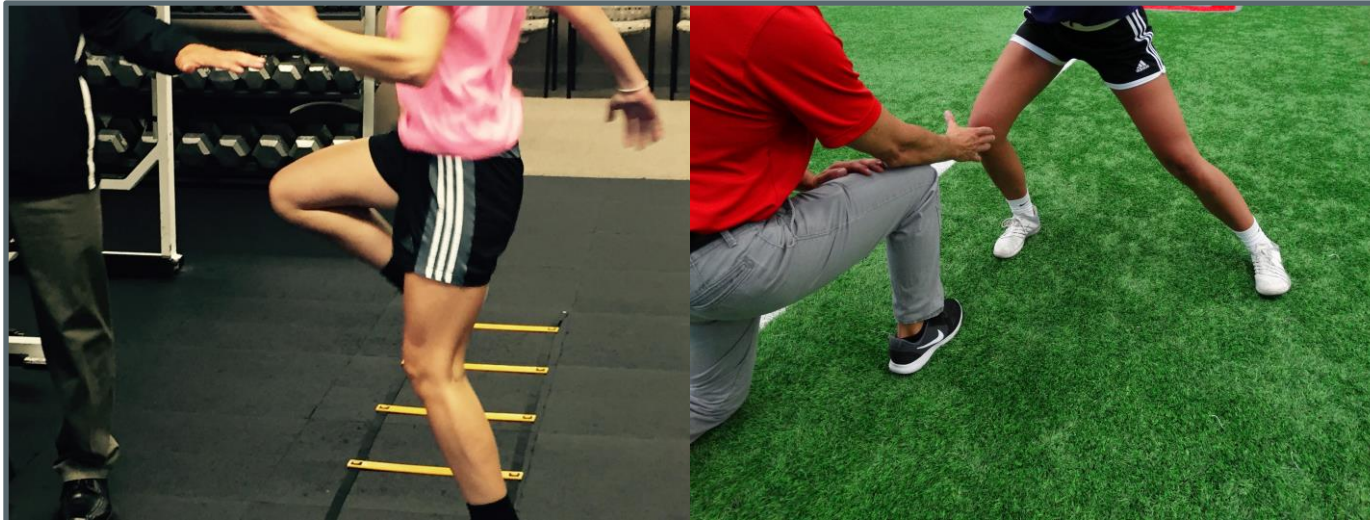
ORTHOPEDIC INSTITUTE



PERFORMANCE

# Athletic Training Rehabilitation





## What can we offer you?

The athletic trainers at Orthopedic Institute can provide you with physician directed, ongoing rehabilitation geared toward your injury. For injuries that require surgical intervention, we can provide both pre-operative and post-operative rehabilitation. We also offer this same high level rehabilitation for non-surgical injuries from the time of injury throughout your recovery.

When your initial recovery has concluded, and you are ready to begin working towards return to play, Orthopedic Institute also offers **RAMP**, *Reaching Athlete's Maximum Potential*. RAMP is a transitional program designed to guide athletes back to a full return to play. To accomplish this, our staff utilizes years of experience and expertise, along with carefully designed functional testing, to create an unrestricted performance enhancement

program tailored to your desired activities.

What makes our approach different is that the focus of RAMP is not just centered on the original injury. We also look for biomechanical issues, poor movement patterns and asymmetries that may have contributed to the original injury. Once identified, we correct these issues to help prevent future recurrences.

At Orthopedic Institute we believe the mark of good rehabilitation should not be judged by how quickly you return. It should be judged by how long you stay healthy, competing at your maximum potential.

RAMP rehabilitation can also be transitioned to the OI Performance training facility, based on the needs of the athlete.

## Before Your First Visit:

Once you have set your appointment time, you will need to create an account with the name of the patient. This will allow secure no hassle payment for each session of your ongoing athletic training rehab.

- Go to [www.mindbodyonline.com](http://www.mindbodyonline.com)
- Click Log in on the top right corner
- Search for OI Performance
- Select OI Performance
- Click on the link below the Log area that says Continue to site without logging in
- This will bring you to a page that allows you to Create Account
- From here, directions are provided on the web site to complete the set up process including method of payment.