

## Why Phase 4 at IBJI?

"Phase IV is a terrific opportunity and resource for the knee injured patient. The class develops the neuromuscular training necessary to return to sport at a high level. In addition, and equally important, the class provides prevention strategies against re-injury. I think it's a must for all patients recovering from a major knee injury."

**-Dr. Eric Chehab**  
**IBJI Orthopedic Surgeon**

"Phase 4 Therapy has helped me gain more confidence in my abilities as well as feel comfortable in an athletic setting. Phase 4 has shown me how to properly progress through my recovery, given me the tools to properly protect / prevent future injury and challenged my body in a controlled environment. One of the best aspects of the class is doing it within a group -- the group environment holds you accountable, pushes you, and gives you additional support that you may not get working one on one with a trainer."

**- Cassie Rose**  
**Former Northwestern University**  
**Volleyball Player**

*Phase 4 training can be tailored to help any lower extremity athlete reach his/her performance goals. If you believe you would benefit from this program, please reach out to us.*

Illinois Bone & Joint Institute is the leader in the Chicago area for excellence in orthopaedic care. With 90 physicians and over 150 physical, occupational, and massage therapists spread throughout 20 locations in Chicago and north/northwest Chicagoland.

IBJI services include

- MRI
- Pain Management
- OrthoAccess Immediate Care
- Rheumatology
- Surgery
- Physical/Occupational Therapy
- Orthotic Fabrication
- Complimentary Injury Screens

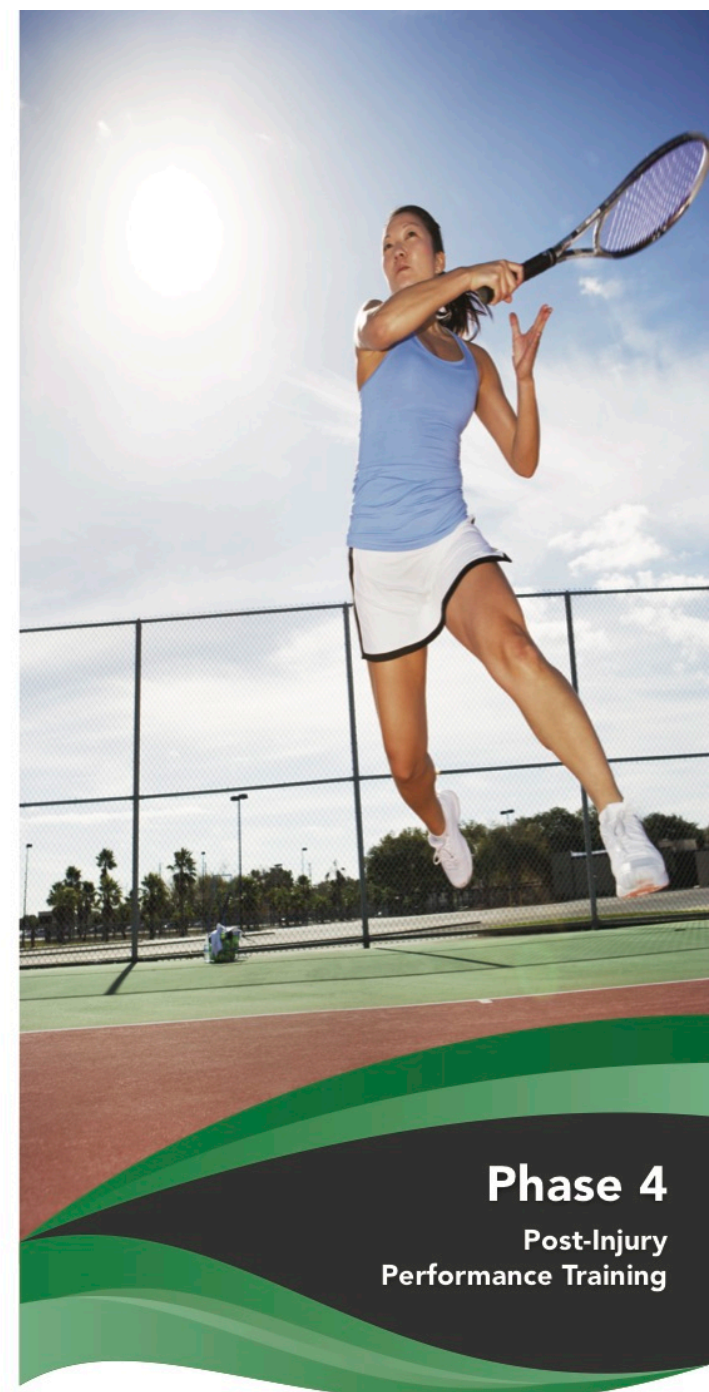
IBJI's Health Performance Institute (HPI) is a premier medically-based sports training facility focused on high performance and injury prevention. HPI is designed to help competitors break through performance barriers and achieve goals they never dreamed possible.

HPI services include:

- Massage Therapy
- Acupuncture
- Pilates
- Mighty Body Band
- Small Group and Team Training
- Safe Return to Sport Programs

For a complete list of locations, as well as facilities that provide HPI services, please visit our website [ibjirehab.com](http://ibjirehab.com)

Contact us directly at:  
[askIBJIsportsmed@ibji.com](mailto:askIBJIsportsmed@ibji.com)



## Phase 4

Post-Injury  
Performance Training



**IBJI**  
**HEALTH**  
**PERFORMANCE**  
**INSTITUTE**

## Program Details

Phase 4 Post-Injury Performance is designed for patients with hip, knee, or ankle injuries who wish to continue advanced rehabilitation and reduce the risk of re-injury.

### Evidence-based protocols will focus on lower extremity conditioning including:

- Strength
- Explosiveness
- Deceleration
- Change of Direction
- Power
- Reduce Risk of Re-Injury
- Baseline and post-testing to ensure safe return to sport

### Ideal candidates for program include:

- Post-Injury ACL High School & Collegiate Athlete
- Industrial Athlete
- Weekend Warrior

Please note: Phase 4 training is not a replacement for Physical Therapy. Patients are encouraged to discuss Phase 4 with their provider before taking part in training classes.

## Group Classes

Phase 4 classes occurs 2 times a week for 6 week sessions. All sessions have a 7th week available for make-up classes.

Program Cost: \$360.00 per 6-week session

**All Phase 4 participants must schedule a pre and post class testing assessment at our Highland Park location before taking part in the class.**

For a complete list of class start dates & class times please visit us at **ibjirehab.com** or contact any of our Phase 4 locations.

## Individual Training

One-on-one Phase 4 training is available for \$70.00 per session and is scheduled separate from Phase 4 Group Training Class. Individual training may be used in collaboration with class participation to further support you in reaching your performance goals.

**“The Phase 4 class has taught me how to push myself mentally and physically.”**

## Locations

**Highland Park** (224) 765-5550  
1919 Skokie Valley Road  
Highland Park, IL 60035

**Libertyville Sports Complex** (847) 816-3112  
1950 U.S. 45, Suite 102  
Libertyville, IL 60048

**Morton Grove** (847) 779-6050  
9000 Waukegan Road, Suite 100  
Morton Grove, IL 60053

■ Baseline Testing    ▲ Group Classes  
● Individual Training

