



**HOUSE
OF WELLNESS**

Fitness | Aquatic Center



TOTAL ATHLETIC THERAPY
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YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. WWW.TOTALATHLETICTHERAPY.COM

Fix the Underlying Problem

While mitigating the pain and controlling it seems to be with the best intentions it doesn't always address the underlying problem. Pain is a symptoms and often linked to something much deeper that is going on that needs to be resolved. If your knee is chronically sore we need to find out why that is occurring not just try and get the soreness to go away and we talk about how [HERE](#).



THE CP POD SQUAD GOT BACK TOGETHER THIS WEEK (MORE COMING SOON FROM THAT) SO WE WANTED TO THROW BACK TO OUR [FIRST OFFICIAL INTERVIEW](#) WITH [ANDY ASKOW](#). GREAT FIRST RUN AT IT. [WATCH](#).

In the World of Health

The NFL has gone in and now is banning a lot of helmets currently used in the league. Is this a game changer for the game of football? What could it mean for everyone else at lower levels. It will be interesting following this. [ARTICLE](#)

Video of the Week

This is one of our favorite videos of all time. It takes a look at if our athletes are really getting that much better or is a lot of it technology coming into play to give us that impression. It is a unique way to look at it. [HERE](#)



Study Spotlight

[Manual Therapy & Plantar Fascia](#)

Plantar fascia pain affects so many people and when it does it really puts you out for quite a long time. The treatment for plantar fascia issues also is a tricky things to figure out as a lot of people react much differently depending on the intervention that you apply. This review takes a look at several studies that take the use of manual therapy both in joint mobilization as well as soft tissue work and how that affects the overall outcome of plantar fascia treatment. Worth checking out for your pain. [HERE](#)



#TBT: [Pain is a Symptom](#)

Pain seems to always be around and it can be annoying but why is it there. Just like we shouldn't rely on a pill to fix it all the time we have to find the source and we dive much deeper into that in this article [HERE](#)

Mobility Monday



If you have sore and achy knees you'll want to check this one out. Getting and keeping full ROM is so important and this is a great starting point. [HERE](#).

Friday Food

[Steak Skewers](#)

We officially made it to grilling season and this is a simple recipe that is really good for all occasions.. [HERE](#).



Podcast of the Week



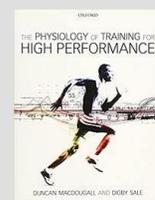
Great information on nutrition and fuel for track and fields athletes that you can apply across a broad spectrum. A lot of gems in this one [HERE](#).

Rec' of the Week

Pain is a symptom of a problem that is going on and we want to fix that problem. At the same time we need to address the pain and this can be a fix. [HERE](#).



Book of the Month



'[The Physiology of High Performance](#)' will get you the top information on how to train at the highest levels and give you the reasons why it works. So much great info in one book [HERE](#).



Check out [Paragon Nutrition](#) and use code "CP15" for 15% Off

