



**HOUSE
OF WELLNESS**

Fitness | Aquatic Center



TOTAL ATHLETIC THERAPY
Health. Information. Personalized.

YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. WWW.TOTALATHLETICTHERAPY.COM

Caffeine/Preworkout: Timing for Recovery

Caffeine and pre-workout supplements have been shown to be effective. The timing of them is of the utmost importance in order to maximize benefit for performance and your activity. It is also important because if you mistime and misuse these aids you can really start to mess up your recovery cycle. This is something we commonly see and wanted to address to talk about how important it is. [HERE](#).



WE THROW BACK TO TWO VERY SPECIAL EPISODES, [COGEN NELSON](#) & [EAMON COYNE](#). WE ALSO HAVE A NEW EPISODE WITH [ANDY ASKOW](#), CATCHING UP AND SEEING WHAT HE IS UP TO. A LOT HAS CHANGED.

In the World of Health

There has been several serious injuries and even fatalities in the world of sports recently and it highlights the need for proper medical oversight. The Athletic Trainer can play a huge role in the process and is discussed [ARTICLE](#)

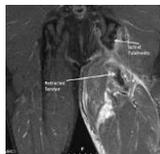
Video of the Week

Statins are a very commonly prescribed drug and while they are meant to help everyone that is put on them it might not always turn out that way. This video talks about some of the side effects and other things you can do. [HERE](#)

Study Spotlight

[Hamstring Edema and RTP](#)

Hamstring strains are one of the most common soft tissue injuries you can suffer and they can also be one of the most frustrating to deal with. Often times if the injury appears severe enough you may be looking for a MRI to assess the extent of the damage. With that comes results and those results can be useful or they can give you a lot of information you don't want to hear. What appears on the image could determine when you come back and that is what this study takes a look at. [HERE](#)



#TBT: [HMB, What Can it Do?](#)



Everyone is looking for the next edge up when it comes to enhancing how they perform. With that is a lot of questionable stuff out there. HMB might be one that is promising and Dr. Jagim tells why.. [HERE](#)

Mobility Monday

Working on general mobility can make a huge difference in your body. Reducing long held pain and issues by simple techniques can be a big change. [HERE](#).



Friday Food

[Sun Butter Toast](#)

So simple but a great addition to your breakfast. A unique type of spread that can add more. [HERE](#).



Podcast of the Week



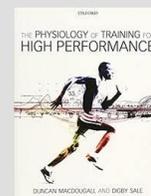
Healthy Gut, Healthy You. With so many things being run from your gut it is imperative you keep it healthy. This show has so the ideas [HERE](#).

Rec' of the Week

Sun burns are upon us this spring after a hot weekend up north. Aloe is a good way to go but this is an option that might be even better. Try it out. [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

