ATHLETIC MEDICINE

Providing expert care to more than 550 Husker student-athletes, Nebraska features one of the most well-trained and highly skilled athletic medicine staffs in the country.

Under the guidance of Director of Athletic Medicine Dr. Lonnie Albers, Head Athletic Trainer and Physical Therapist Jerry Weber and Head Football Trainer Mark Mayer, the 2008-09 Nebraska athletic medicine staff consists of five doctors, two therapist/athletic trainers, five athletic trainers and seven graduate assistant athletic trainers.

Nebraska's team of orthopaedists is led by Chief of Staff Dr. Pat Clare, a nationally respected orthopaedic surgeon with more than 30 years of service to Husker athletics.

Above and bottom: Head football trainer Mark Meyer and Patrick Spieldenner work with athletes in the pools and athletic medicine rehabilitation area to get them back to peak physical condition as quickly as possible.

Left: The Athletic Medicine Center now features a hydrotherapy area that includes a three-level laned pool, which allows student-athletes across all of Nebraska's sports to work out simultaneously. The Hydroworx 1000 Treadmill Pool is equipped with two cameras underwater for evaluation and assessment, while hot and cold plunge tanks are also available to the Huskers.

The medical facilities at Nebraska have long been among the nation's best, and NU's new athletic medicine center within the Tom and Nancy Osborne Athletic Complex will keep the Huskers on the front line of technology for decades to come. In addition to Nebraska's North Stadium facility, the NU Coliseum, the Bob Devaney Sports Center, and Haymarket Park all feature athletic medicine areas.

The football athletic training staff provides Husker student-athletes with highly skilled medical care throughout the year.

NUTRITION

Nebraska caters to the needs of student athletes at home and on the road. Nebraska's Director of Sports Nutrition Brian Lehmann (above left) works with all 23 of Nebraska's sports by educating athletes on topics such as gaining weight, losing body fat, staying hydrated, increasing energy and supplement use. This knowledge can be applied in Nebraska's Performance Buffet at the Hewit Dining Center, which is open each day for lunch and dinner. Nebraska student-athletes can re-charge after a workout at the Landing, which is located just outside of the strength complex.