



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 Athletic Trainer Mark Mayer, the 2009-10 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 athletic trainer Mark Mayer and Patrick Spieldenner work with athletes to get them back to peak physical condition as quickly as possible. They utilize state-of-the-art equipment throughout Nebraska's facilities.



Left: The Athletic Medicine Center 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 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 Sports Nutritionists Josh Hingst and Lindsey Remmers work with all 23 of Nebraska's sports by educating athletes on topics such as increasing lean body mass, losing body fat, staying hydrated, nutritional strategies for competition, maximizing recovery following workouts and supplement use. Athletes are given individualized nutrition plans that can be applied in Nebraska's Performance Buffet at the Hewitt Dining Center, which is open each day for lunch and dinner. Student-athletes also utilize a fueling station called the landing (above left) to provide fluids, and nutritional foods before and after workouts and practices to maximize performance and recovery.