

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 Women's Basketball Athletic Trainer Megan Yanda, the 2010-11 Nebraska athletic medicine staff consists of five doctors, two therapist/athletic trainers, five athletic trainers and seven graduate assistant athletic trainers.

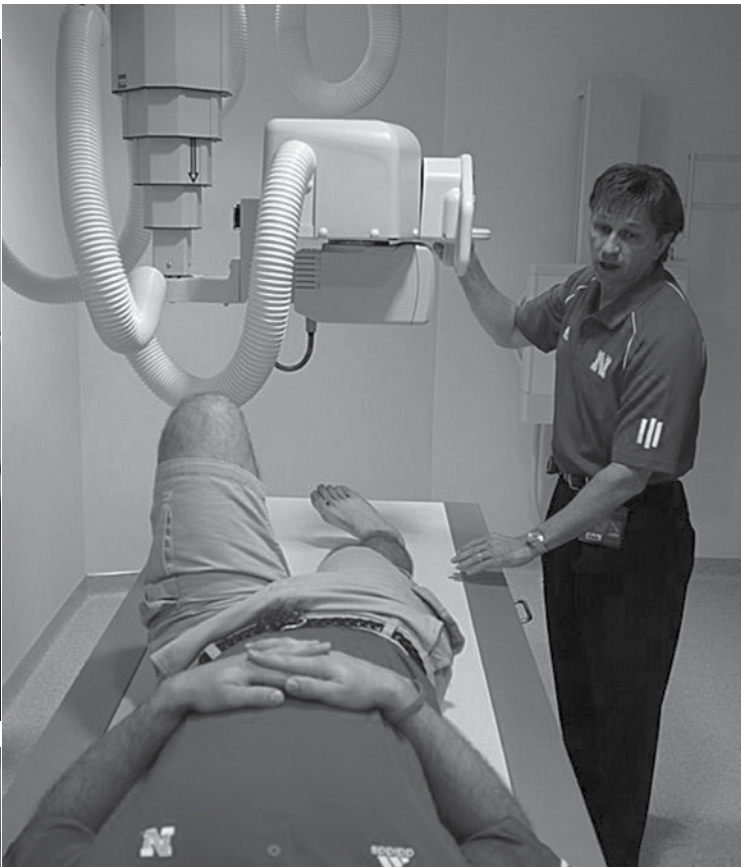
Nebraska's team of orthopaedists is led by Chief of Staff Dr. Pat Clare, a nationally respected orthopaedic surgeon with more than 30 years of service to Husker athletics.

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 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.





Nebraska's medical facilities include a spacious athletic medicine center in the Devaney Center, that will nearly triple in size with the completion of the Hendricks Training Complex and remodeling of the Devaney Center. In addition to expert medical care that includes a team of orthopaedists, Nebraska has access to state-of-the-art equipment, including an X-ray machine, right on campus.

Assistant Athletic Director Dr. Lonnie Albers (left) leads Nebraska's athletic medicine staff. Nebraska's athletic medicine team consists of nearly 20 full-time or graduate assistant staff members caring for Husker student-athletes across all sports.



NUTRITION



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 Lewis Training Table, which is open each day for lunch and dinner and was expanded and remodeled for 2010-11.

