

ATHLETIC MEDICINE

Providing expert care to more than 600 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 and Head Athletic Trainer and Physical Therapist Jerry Weber and Football Athletic Trainer Mark Mayer, the 2012-13 Nebraska athletic medicine staff consists of five doctors, two therapist/athletic trainers, eight athletic trainers and six graduate assistant athletic trainers.



Above: Associate Athletic Director/Director of Athletic Medicine Dr. Lonnie Albers (left) and team orthopaedists Dr. David Clare, Dr. Scott Strasburger and Dr. Pat Clare lead Nebraska's experienced Athletic Medicine staff.

Bottom: The Athletic Medicine Center features a hydrotherapy area that includes a three-level laned pool, allowing student-athletes across all 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 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, Haymarket Park and the Bob Devaney Sports Center all feature athletic medicine areas. The Devaney Center's Athletic Medicine facility underwent an extensive expansion as part of the Hendricks Training Complex addition in 2011.



Above: Nebraska's on-site medical services for student-athletes rank among the nation's best. Dr. Lonnie Albers (above), Head of Athletic Medicine Jerry Weber (top) and the Husker Athletic Medicine staff have their own X-ray equipment at Memorial Stadium to provide advanced information and diagnosis for injury care.

Left: Former Husker Academic All-American and team orthopaedist Dr. Scott Strasburger (left) and Head Football Athletic Care Trainer Mark Mayer provide expert care on game day to Cameron Meredith.

NUTRITION



Nebraska's Sports nutritionist and registered dietitian Lindsey Remmers and nutritionist Scott Trausch 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 was remodeled and expanded in 2010. In addition to utilizing the Lewis Training Table each day for lunch and dinner, student-athletes have access to fueling stations called The Landing, located in North Stadium (above right) and the Oasis, located in the Hendricks Training Complex. Both provide chocolate milk, shakes, bars, fruit, nuts, bagels, vitamins and Gatorade at any time before and after training to maximize performance gains and recovery.