

**HSS****Premier**  
HOSPITAL FOR SPECIAL SURGERY

## ABOUT PREMIER

The Premier Program is a personalized performance and wellness program that offers individuals a comprehensive evaluation and actionable plan that is tailored to achieve specific goals.

Every year, millions of individuals participate in physical activity. Whether the activity is social, competitive, or simply to stay in shape, exercise is a mainstay of the 21st century. However, every person and every activity is not created equally and without proper nutrition and conditioning, the constant wear and tear on the body can dramatically affect both the ability to enjoy physical activity and one's daily life outside of sport.

The Premier Program delivers multi-specialty evaluations from world-class clinicians that lead to personalized exercise and nutrition plans to maximize performance and minimize the likelihood of injury. Participants will spend one full day at the Hospital for Special Surgery.

## SERVICES

### MEDICAL EVALUATION

A comprehensive medical assessment with a highly trained Hospital for Special Surgery physician, who specializes in sports medicine. They will review your complete medical history, identify any health risk factors, and evaluate any musculoskeletal deficiencies that you may have.

### NUTRITION EVALUATION

A personal consultation with our Board Certified Sports Dietitian and Nutritionist who will help identify the optimal nutrition plan to achieve your sport, fitness, and health goals and fit your lifestyle.

### PERFORMANCE EVALUATION

Evaluation of the five components of fitness: body composition, flexibility, muscular strength and endurance, and aerobic capacity. Our clinical specialists from the HSS Sports Rehabilitation and Performance Center will help identify your strengths and weaknesses then determine a customized exercise plan suited to your lifestyle and personal goals.

### BODY COMPOSITION ANALYSIS

Using the most advanced technology, we will assess your body composition using whole body dual x-ray absorptiometry (DXA). This test will measure your lean tissue mass, bone density, and total and regional body fat.

### SOFT TISSUE MASSAGE

A 30-minute break in your day to relax and reward yourself for the work you've put into the day.

### BEHAVIORAL HEALTH EVALUATION

A one-on-one sit down with our board certified clinical psychologist to help identify your goals and ways to help you achieve them.

### GOAL SPECIFIC ANALYSIS

Our sports team will meet with you to review video analysis completed during your Performance Evaluation and review the results of your assessments. They will provide you with recommended exercises, go over any questions you may have, and discuss the best and most effective way for you to implement the exercise plan that they have created for you.

This portion of your evaluation may also include one of the following:

#### Runner's Performance Analysis

Designed for runners and multisport athletes of all ages and skill levels, our analysis will target injury prevention and performance enhancement. Our expert and in depth analysis can detect running mechanics that have the potential for injury, as well as identify important factors the athlete can modify to train more effectively and to improve running performance.

#### Golf Performance Analysis

Whether you're a novice golfer or a club champion, these golf specific training services can improve your game while reducing the risk of injury.

## WHY CHOOSE HSS

The Hospital for Special Surgery is nationally ranked #1 in orthopedics, and #3 in rheumatology by U.S. News & World Report (2014-2015). Doctors and therapists from HSS have the distinction of being the team physician and athletic trainers for many professional and college sports teams including: United States Olympic Committee, NY Giants, NY Mets, NY Rangers, NY Liberty, NY Red Bulls, USA Swimming, USA Volleyball, IMG Academy, and the Major League Baseball Players Alumni. A steadfast commitment to excellence in education dates back to the Hospital's earliest traditions and continues to influence its present-day mission and vision. For more on our history please, please visit [www.hss.edu/history](http://www.hss.edu/history).

## WHAT TO EXPECT ON THE DAY OF YOUR VISIT

Your comprehensive evaluation is a full day of events from 7:30AM to 5:00PM. A member of our team, specialized in patient concierge services, will escort you throughout your day and help you get to where you need to go.

Free time is very limited during the day. However, we will be providing you with a room at our Belaire Guest Facility on campus, where you will be able to store any personal or work-related items. Meals will be provided to you in your room, where you will also be given the option to shower midpoint in the day if you choose to do so.

From your Body Composition Analysis to your Goal Specific Analysis, every portion of your evaluation will be spent with world-class clinicians who have tailored assessments based on your medical and social history collected before you step through the door. These personalized assessments will allow us to develop a detailed plan to best suit your goals and lifestyle. Throughout the day we will be making very efficient use out of your time as you go through various assessments that allow us to develop a highly personalized plan to best suit your goals and lifestyle.

## YOUR PREMIER FOLLOW-UP

After you've completed your comprehensive evaluation, our Premier Team collects all of your data and works together to create a detailed report based on your performance that includes your personalized nutrition plan, exercise plan, and an explanation of your results. Your report will be sent to you within one to two weeks after the date of your evaluation. Along with your report, you will be provided with a flash drive on the day of your evaluation that will contain the video content that is covered during your Goals Specific Analysis.

After you receive your report, our physician will be contacting you to review its contents and answer any questions that you may have. Our team will be following up with you at various times over the next year to track your progress and ensure that you are getting the full benefits of your time spent here. Individualized follow-ups can also be scheduled with any of our team members.

