

9/4

On FIELD SCHEDULE FOR REST OF SUMMER

(UNTIL 9/22 AND FALL 9/23-12/20)

MOBILITY / ARM CARE WORKOUTS WITH COLE -

MDR REHAB SMALL GROUP SESSIONS - BFR THERAPY AND TRAINING

TUESDAYS AND THURSDAYS CURRENT GROUPS ARE FILLED 3-6PM

ON-FIELD PRACTICE AND LIVE INNINGS - BROWARD, LANTANA AND WPB LOCATIONS

TUES AND THURS PM, SATURDAYS TBA

introduction to FYPP:

FYPP is designed to save you time and money and be around the best in the industry when it comes to taking care of the body and keeping our athletes on the field year-round and year after year.

This network has developed over 20 years while we traveled the USA with our Barnstorming Team. We will update more locations as we have time, but for now are the main ones that we constantly use.

Why FYPP? Because you need to FIND yourself as an athlete, and become a ball player along with developing the craft. There is no secret that our guys get signed. It's a matter of what kind of shape physically and mentally you are going to be in when the going gets tough. These training modalities have worked for us and the hundreds of pitchers we have signed since Cole Bumbales has been part of my Pitching Coordination in 2016.

What is it?

#1 - The innings you need, once prepared to compete.

#2- Preparing to compete, physically, mentally, spiritually.

#3- Mobility / throwing Workouts with Cole Bumbales / Innings in front of Joe Torre and Staff in effort to improve and get better and showcase when necessary.

#4- Optional therapy/ training modalities that you can select once you have done an assessment.

#5 - something you can take with you and continue to improve yourself with

How Much does it cost?

-select from list of options and get a quote!

What are the options?

These are our FYPP active working Partners:

Aaron Brill @ IHP Fitness , Boca Raton. Currently coaching 1B for the Charleston Dirty Birds.
Dr. Mike Troknya @ Physical Synergy Fairfield CT
Dr. David Szmiga @ MDR Rehab, Delray Beach FL
Dr. Branson Collins @ FAU Medicine, Boca Raton Florida
Steven Van Zandt @ SVZ , Plantation Florida
Dr. Keith Rolfer @ Boca Raton FL (we have discounted package**)
Vanessa Mazzocchi @ Spiritual Healing, South Florida, Northeast NJ/CT
VALERIE- Shiatsu Massage Chicago Area (inquire)
Cole Bumbales @ South Florida and Nation-wide. Currently Coaching first base for the Washington Wild Things.
Joe Torre @ South Florida, Northeast NJ/CT. Currently Coaching 3B in Troy NY for the Tri City ValleyCats.
Massage Therapists @ Nation-Wide

Black Sox Healing Networks

Northeast (CT/NJ)

“THUMBS” Dr. Mike Troknya @ Physical Synergy Fairfield CT

“THUMBS” Dr. Mike Troknya of Physical Synergy in Fairfield, CT has been our trusted Black Sox team Dr. for over 10 years! He has helped a variety of Professional Baseball players within the MLB as well as NFL athletes. His dedication to seeing you get back on the field faster and stronger is second to none.

Dr. Mike is an alumnus of Fairfield University and Cleveland Chiropractic College-Kansas City Campus. After working at several locations in Fairfield County, he opened Physical Synergy in 2003 in order to deliver to his patients a 'fresh approach' to chiropractic. Dr. Mike abandoned the stereotypical chiropractic treatment plans of heat, electric stimulation, and adjustments. In its place, he instituted personalized nutritional guidance, specific range of motion exercises, chiropractic biophysics, and combined neuromuscular re-education and functional exercise in order to enable patients to reach their full potential. This unique approach has resulted in a referral business of individuals aspiring to attain maximal health while minimizing 'dis-ease' potential. He has surrounded himself with equally attentive staff members whose primary concern is patient health.

Dr. Mike uses a 'whole person approach' when taking care of his patients. By combining the very best hands-on-technique, state of the art physiotherapy procedures, and providing the newest and best natural vitamins and mineral supplements on the market today, we at Physical Synergy are able to help you accelerate and/or stay on your journey to good health.

Call to book: 203-259-3210 (discount available with Black Sox Membership)

Location: 340 Post Road, Fairfield, CT, 06824

M: 8am-7pm, T: 8am-6pm, W: 8am-7pm, TH: 2pm-6pm, F: 8am-5pm, Sat: 8am-12pm, Sun: Closed

After Care Info - Dr. Mike, Physical Synergy, Fairfield CT:

Possible side-effects that may be felt after your first visit;

- Muscle and/or joint soreness
- Redness and possible bruising
- THROWING/ SWINGING/ WORKING OUT HARDER AND MORE EFFICIENTLY AND OVERWORKING

What to do to prevent these;

- Increase your water intake. Drink an extra 16 oz of water on treatment days.
- Ice areas of soreness; 20 min on 20 min off as needed.
- Ice massage; 1-2 ice cube massage over the area in a circular motion as needed.

Other Advice;

- Follow all stretching and strengthening protocols prescribed.
- Schedule your next appointment 2-3 days after treatment to allow for proper healing unless prescribed otherwise.
- Eat whole, natural foods to give your body the best chance to heal. Avoid processed foods and excess sugar.

Call the office with any questions or changes in symptoms.

FLORIDA HEALERS:

MDR Rehab in Delray Beach

- Blood Flow Restriction Therapy (BFR) sessions
- Impulse Training Systems Full Body Workouts
- Detailed mobility, strength and rehab/prehab work designed to keep players on the field year-round.
- 1 on 1 with Dr. Szmiga for evaluation and then 2/3 groups sessions weekly with Joe and Staff.
- *Dr. David Szmiga* of MDR Rehab has completed extensive education and clinical training as well as specialized training in his areas of expertise. Driven to constantly improve his knowledge in the area of Physical Therapy, he frequently attends educational conferences and professional society meetings to learn about the latest advancements in the field and offer these techniques and technologies to his patients. He uses a blood restriction machine that has personally helped in my own recovery as well as PRP injections as needed. PRP injections are available at a discounted rate for multiple players.
- Call to book: 561-638-1078 (discount available with Black Sox Membership)
- Location: 601 North Congress Avenue Suite 411 Delray Beach, FL 33445
- M-F: 8:30am-5pm
- SMALL GROUP WORKOUTS TUES/THURS/SAT/SUN

—[discount package through joe torre's black Sox membership]—

FAU medicine

Regenerative medicine director: Dr. Branson Collins @ FAU Medicine

880 n.w. 13th street, suite 400 Boca Raton, fl 33486

(561) 566-5328

[Www.FAUmedicine.org](http://www.FAUmedicine.org)

—[discount package through joe torre's black Sox membership]—

VANESSA MAZZOCCHI-

SVZ IN PLANTATION - STEVEN VAN ZANDT

SVZ internal Performance center- 1093 Shotgun rd, sunrise, fl 33326

(954) 475-7771 - RESISTANCE TRAINING SPECIALIST/owner/founder- Steve van zandt

IG : @SVZPERFORMANCE

Web Site : SVZperformance.com

INSTITUTE OF HUMAN PERFORMANCE (IHP) - AARON BRILL

- Weekly Group Sessions with Aaron Brill.
- Baseball Specific Workouts

—[discount package through joe torre's black Sox membership]—

CHICAGO AREA HEALERS :

VALERIE- Shiatsu Massage Chicago Area (inquire)

CINCINNATI AREA HEALERS:

COLORADO HEALERS :

Dallas, Texas Healers:

NORTHERN CALIFORNIA