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Guests: Dr. Mike Pile

*Note: Green text is **Jackson**,*

Show Intro: What's up y'all and Welcome to the Sports Medicine Broadcast, Episode 68 "Bigger Stronger Faster" recorded February 5th 2014

Topic: This week our special guest is Dr. Michael Pile

Introductions: I am your host ____, and with me today is ____

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Guest Introductions:

Name:

Job Title:

Company:

Years in Profession:

Details, awards, anything else you want us to mention:

Warm Up:

How many have you worked out since January 1?
FilmOn.tv

Topics:

Jocelyn: Dr. Pile please tell us who you are and what you do?

Alex: What is the most important ingredient to getting stronger?

To work out, progressive strength training over a long period of time.

Lorena: Does stronger in the weight room mean stronger on the field? (why or why not)

yes, however after developing strength in the weight room having to mold it into strength in the respective sport.

Marissa: If there was one muscle group that is most important for an athlete to train which would you pick?

glutes and quads, because many sports require strong glutes and quads. But overall balance is essential, not just working out certain muscles.

Tell us about your working out on vacation

No strenght training on vacation, but stretching in the morning and at night.

Aesha: How can I improve my speed on the track?

Get Stronger = Get Faster. Stretching hip flexors.

Lorena If you were to say you're an expert at one thing in your field what would it be?

Cervical Radiculopathy.

Alex: My elbow hurts after throwing, what are somethings I can do to help that.

imbalances. external rotation exercises with arm on a table.
Stretching the pecs and lats.

Aesha: How do I get to be a Physical Therapist

Bachelors degree and the prerequisites. Physical therapy school for 3 years. Very hard to get into the field. High GPA in high school and college.

We want to thank the people who helped make this podcast possible:

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For Jeremy, __ __ __ that's a wrap