



Centers for
Orthopaedics
Experience in Motion

FOR IMMEDIATE RELEASE

OA Centers for Orthopaedics and the University of New England Announce New Sports Performance Lab at the OA Sports Center in Saco

*Providing Southern Maine Athletes With Access to Sophisticated Technology and
Analysis Tools for Measuring, Evaluating and Improving Athletic Performance*

Saco, Maine, January 14, 2009 – OA Centers for Orthopaedics and the University of New England (UNE) today announced plans to open a human performance laboratory at the new OA Sports Center in Saco. The first of its kind in Northern New England, the lab will provide athletes of every level and ability with access to sophisticated analysis tools for measuring, evaluating and improving their biomechanical and physiological performance.

“The OA/UNE Human Performance Lab is being designed and built from the ground up to be unlike anything else currently available in Maine,” said Wayne Lamarre, Clinical Assistant Professor and Director of the Athletic Training Education Program at UNE. “Whether it’s weekend golfers looking to improve their swing, high school athletes looking to tweak their pitching mechanics or serious athletes looking to measure their VO2 Max and improve their lactate threshold efficiency, the Human Performance Lab will provide the tools and the know-how to help athletes get ahead and stay ahead of their competition.”

The facility will also serve as a real-world laboratory for students of UNE’s Applied Exercise Science and Athletic Training majors. Student interns will be able to apply and test biomechanical and physiological principles in a laboratory setting.

Opening this month, the newly constructed OA Performance Center is a state-of-the-art sports and performance center where athletes can train their bodies to perform at their highest level. Staffed by highly specialized sports medicine physicians, physiologists, athletic trainers, and biomechanists, the Human Performance Lab will offer sport-specific programs, testing and training to help athletes analyze and prevent injuries, and achieve their optimal health, wellness and performance goals.

For example, athletes using the lab will be able to pinpoint specific areas for development and improvement from information gathered from force plates embedded in the facility’s running

track and analyze motion captured with high-speed video cameras. By using this type of biomechanical measurement equipment, athletes will be able to scrutinize their movements and make slight changes in order to prevent injuries or improve their athletic performance.

“With the inclusion of the Human Performance Lab, the OA Performance Center will provide an unprecedented level of integrated sports performance training, conditioning and treatment,” said John Wipfler, CEO of OA Centers for Orthopaedics. “Our highly specialized sports medicine doctors, physical therapists, athletic trainers, and performance coaches will work together to provide a unique, comprehensive approach to injury evaluation, effective treatment and a full return to the level of mobility they have come to expect.”

Some of the specific services to be offered at the OA Sports Performance Lab include:

- * Sport-Specific Biomechanical Analysis
- * Physiological Testing for Endurance Sports
- * Sports Nutrition & Massage

The Human Performance Lab joins the Parisi Speed School, announced earlier this year (http://www.orthoassociates.com/LP10/parisi_speed_school.php), as tenants of the OA Performance Center, a state-of-the-art performance complex offering athletes and fitness-minded individuals of all ages and abilities a unique and fully integrated orthopedics, sports medicine, physical rehabilitation, performance evaluation, and training facility – all in one convenient location.

About the University of New England

The University of New England (UNE) is an independent university with two distinctive campuses on the coast of southern Maine. The University’s mission is to provide a highly integrated learning experience that promotes excellence through interdisciplinary collaboration and innovation in education, research and service.

UNE is home to Maine’s only medical school and offers more than 40 undergraduate and graduate degree programs in the health sciences, natural sciences, social sciences, osteopathic medicine, education, business administration and liberal arts. UNE is a leading educator of healthcare professionals and an innovator in biomedical and healthcare research. With internationally recognized scholars in the humanities and sciences, UNE has an outstanding faculty and provides a balance between students and faculty that ensures close collaboration and strong interactions. *U.S. News & World Report* has ranked UNE among the top regional universities in the Northeast.

UNE’s student-centered, interdisciplinary programs promote experiential learning, critical thinking, and lifelong service to community. For more information, visit www.une.edu.

About OA Centers for Orthopaedics

Founded in 1982, OA Centers for Orthopaedics is the premier orthopedic practice in Maine and one of the country's leading innovators in orthopedics. OA's 23 physicians and surgeons are highly specialized in areas such as sports medicine; hand surgery; joint reconstruction of the hip, knee and shoulder; medical and surgical treatment of the spine; foot and ankle surgery; and complex fracture treatment. OA performs more orthopedic procedures than any other practice in Maine, and some of the most sophisticated procedures in the nation. In 2007, US News & World Report ranked Maine Medical Center in the top 50 in the orthopedics category. OA's very own Dr. George Babikian, Chairman of the Division of Orthopaedics, Dr. Raymond White, Chairman of Orthopaedic Trauma, and Dr. Brian McGrory, the Director of the MMC Joint Replacement Center, lead Maine Medical Center's capability in this category. OA is accredited by the Accreditation Association for Ambulatory Health Care (AAAHC).

Headquartered in Portland, Maine, OA has satellite offices in Saco, Windham, Yarmouth and Scarborough. OA—Experience in motion.

For more information, please visit www.orthoassociates.com.

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