



SPORT Center

Sport Performance Optimized by Research and Technology

Dynamic Neuromuscular Analysis (DNA) Training Programs

Dynamic Neuromuscular Analysis (DNA) Training at Cincinnati Children's Hospital Medical Center is a scientifically-based program designed to enhance athletic performance and reduce the risk of a sport injury through a progression of plyometric, strength training and core stability exercises. A major goal of DNA is to continue to educate athletes, parents, coaches and others involved in organized athletics to help reduce the disproportionate number of knee injuries in female athletes compared to males.



Movement Skill/ Functional Athletes

The program include:

- Plyometrics
- Agility
- Core Stability
- Weight Training
- Injury Prevention
- Speed Training



This is our most popular program for athletes who wish to maximize their performance and reduce their injury risk. This training is a personalized scheduled setting that is limited to no more than three athletes at a time doing high-performance training tailored to the needs of each athlete. The training program consists of 18 sessions over 6 to 9 weeks for approximately 60 minutes each session.

DNA Back To Play

This training is designed for the post-surgical or acutely injured athlete who needs transition following discharge from physical therapy prior to reintegration back into sport. One-on-one training is administered under the direction of sports biomechanist to address the returning athlete's individual needs for a safe return to competitive play.



CONTACT US

If you would like to make an appointment with the Sports Medicine Biodynamics Center at Cincinnati Children's Hospital Medical Center, please contact Katie Kitchen at [513-803-3856](tel:513-803-3856) or email at Katie.kitchen@cchmc.org.