



HEALTHCARE HAPPENINGS



Omega Wave Provides Cutting Edge Technology to Elite Athletes

[By Dr. Randa Bascharon, D.O., Sports Performance Specialist and Board Certified Athletic Trainer]

The benefits of Omega Wave technology are invaluable in the world of professional sports. This revolutionary system is able to non-invasively and immediately report vital information regarding an athlete's current physical status. This new technology is currently being used by some of the world's elite Olympic training centers, professional sports teams, and athletes.

The technology is designed to enhance athletic performance and physical fitness. By analyzing heart rate variability and proprietary and slow brain wave activity, Omega Wave technology monitors the function of multiple biological systems and provides a comprehensive picture of changes in each as they react to training, life choices, and emotional stress. All assessments are quick, non-stressful, and non-invasive. Historically, there has been no practical way to quickly conduct this type of monitoring of an athlete's physiological systems such that coaches and trainers could optimize training while preventing over-training.

The Omega Wave is an assessment tool which provides a comprehensive "inside look" at the athlete's cardiac regulatory systems, energy metabolism systems, central nervous system, gas exchange and

cardiopulmonary system, detoxification system, and hormonal system. These physiological systems impact the athlete's strength, endurance, explosiveness, reactions...and ultimately success.

With quick, regular testing, I can view a dynamic picture of how each athlete, as an individual, is adapting to his or her training regimen. By using this system, I can see how hard to push, what systems to emphasize, when to rest, and how to adjust training for peak performance.

Another amazing aspect of this technology is that it shows the effects of stress, no matter the origin of it. It can also be used to assess the effect of travel, changes in altitude, hydration, and lifestyle choices. This insight can be used to design more effective recovery activities, evaluate travel protocols,

and improve communication between coach and athlete.

About the Author

For more information visit www.lasvegasortho.com, or to schedule a consultation call 312-420-1931. Dr. Randa Bascharon is a Board Certified Orthopedic Surgeon who is sports medicine fellowship trained. She is a Sports Performance Specialist and Board Certified Athletic Trainer who has worked with Olympic, professional, elite, and amateur athletes. She provides cutting edge orthopedic and sports medical services with integrity and pride.

Contact: Susan Dons, Impress Communications, 702.367.7771/883.2077

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