



WHAT MORE DOES AN IMMENSELY SUCCESSFUL SPORTS MEDICINE AND PHYSICAL THERAPY PRACTICE NEED?

What more does an immensely successful sports medicine and physical therapy practice need? How about a science-based, proven approach to improving sports performance and getting athletes back on the field? Dr. John Samani and Dr. Thomas Perkins, fellowship trained sports medicine specialists, opened Athletic Republic Auburn Hills in January, 2009.

Athletic Republic Auburn Hills provides the ultimate experience for athletes. Housed under the same roof as the Institute for Athletic Medicine and IAM Physical Therapy, Athletic Republic Auburn Hills integrates a comprehensive approach to improving sports performance. From helping athletes reduce their risk of injury; to improving, speed, agility and power utilizing Athletic Republic's proprietary equipment and 4000 pages of protocols; to helping athletes return to play after an injury - Athletic Republic Auburn Hills is a one-stop shop for athletes looking to *Unlevel the Playing Field*.

Located just off Interstate 75 on the west side of Opdyke Road south of University Drive, Athletic Republic was added as a component of the existing orthopedic practices of Dr. Samani and Dr. Perkins. The business partners have worked with an extensive list of professional and collegiate teams, including The Minnesota Twins, Vikings, Timberwolves, and Michigan State University varsity athletes. Together, they pioneered an innovative ACL reconstruction surgery, offering athletes a more stable knee and a chance at reduced arthritis down the road.

Athletic Republic was seen as the missing piece to their existing surgery and physical therapy offerings. "Our medical practice is based on science and methodology that continues to evolve and improve through many years of research and medical advancement," said Facility Director Steve Mann. "We believe with Athletic Republic's common philosophy and emphasis on proven science, we can now offer a comprehensive solution to minimizing injury or lost time from participation and help athletes reach their peak performance levels."

Athletic Republic's proprietary equipment, including two SuperTreadmills capable of speeds up to twenty-eight miles per hour and inclines of 40 percent, the PlyoPress, 3PQ, and a 240 square foot specialized hardwood floor for plyometric training highlight the 20,000 square foot training space. The facility also includes 4050 square feet of turf

space, a regulation basketball hoop with a three point shooting area, a two-lane track, as well as a cardio and free weight room – a facility like no other in Michigan.

About the Doctors

John Samani, M.D. is a board-certified orthopedic surgeon and a partner in the Institute for Athletic Medicine, an orthopedics and sports-medicine practice based in Auburn Hills, Mich. He founded the practice in 2000.

Dr. Samani graduated from the University of Nebraska and received his medical degree from the University of Iowa College of Medicine. He completed his residency in orthopedic surgery at the University of Vermont followed by a fellowship at the Minneapolis Sports Medicine Center. There he performed specialty training in sports medicine and arthroscopic and reconstructive knee and shoulder surgery. While in Minneapolis, Dr. Samani enjoyed the privilege of working with professional athletes in the Minnesota Twins, Vikings and Timberwolves organizations. He also worked with many athletes at university and high school levels. Dr. Samani still provides medical care for the Twins when they play in the Detroit area. He currently serves as team physician for the Oakland County Cruisers Frontier League professional baseball team.

Tom Perkins, D.O. is a board-certified orthopedic surgeon and a partner in the Institute for Athletic Medicine, an orthopedics and sports-medicine practice based in Auburn Hills, Mich. He joined the practice in 2001 as an associate and became partner in 2002. When not in surgery or seeing patients, Dr. Perkins teaches medical students at Michigan State University, where he is an assistant clinical professor in the Department of Osteopathic Surgical Specialties. He also served as director of MSU's orthopaedic surgery residency program at Mt. Clemens Regional Medical Center. His background on campus and in clinic, as well as his own athletic experience led Dr. Perkins to a career in sports medicine. While earning his undergraduate degree at Oakland University in Rochester Hills, Mich., he played on the school's baseball team, and was an Academic All-American. He earned his medical degree at Michigan State University in East Lansing, Mich. then served his residency in orthopaedic surgery at Mt. Clemens Regional Medical Center and completed a fellowship in arthroscopic surgery and sports medicine back at Michigan State. During his fellowship, he was a team doctor for baseball's Lansing Lugnuts and the NHL semi-professional Capital Centre Pride. He also worked with MSU varsity athletics, and remains an MSU athletic medical consultant.

Steve Mann, Director and Partner, is the facility director at Athletic Republic – Auburn Hills with 15 years of experience in sales, marketing and business development. Steve was one of Michigan's elite high school football players who had a successful collegiate career at the University of Wyoming, earning the Freshman Newcomer Award. For the past 11 years, Steve has been an assistant varsity football and track coach at Birmingham-Detroit Country Day School. He has trained and prepared many athletes to compete at the Division I and II level. He is the father and coach of three elite athletes

who rank among the nation's best in their respective sports (track/field and baseball). Steve serves on several advisory boards and committees to further youth athletics throughout Michigan.

To learn more about Athletic Republic – Auburn Hills, visit www.unleveltheplayingfield.com or call (248) 724-0808.

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