



# MAJOR LEAGUE PT BATTLES TOMMY JOHN WITH TECHNOLOGY

## TONY REALE, PT, SAN FRANCISCO GIANTS

Physical Therapist Tony Reale has celebrated 3 World Series victories with the San Francisco Giants. In his role as a Major League PT, Tony is charged with keeping players healthy throughout the season and returning them to peak condition following an injury or surgery. It's a critical position as teams chase the pennant over the course of a grueling 162-game season.

While he has trained numerous athletes recovering from various types of injuries—including Buster Posey following his gruesome leg injury in 2011—Tony has established himself as an expert in elbow rehabilitation, specifically from Tommy John Surgery (TJS). Known medically as ulnar collateral ligament reconstruction, TJS is most prevalent among throwing athletes and requires a lengthy recovery protocol. *“Tommy John surgery is a very specialized injury that is pretty specific to baseball,” Tony explains. “Due to this, it is not very prevalent in PT clinics or even with Athletic Trainers at the high school and collegiate levels.”* This lack of knowledge, and the fact that instances of Tommy John are on the rise, inspired Tony to start Baseballrehabexpert.com. The site allows him to connect with athletes around the country that can benefit from his domain expertise and ultimately receive the same level of cares that the pros get.

While the idea had been percolating for a while, the business of Baseball Rehab Expert didn't happen overnight.

*“AMP is an incredible platform that allows me to be in the palm of the athlete's hand and deliver the program almost as if I were there,” he says. “The daily program is placed on their schedule, it has the workout program and includes videos and verbiage on correct form and technique.” Tony also fields questions from athletes throughout their recovery on the app, giving expert advice in real time.”*

Will Smith, a Left Handed Pitcher for the Giants, underwent Tommy John Surgery in 2017—a potentially career ending procedure. He is back on the field today thanks to Tony. “Once we started, my faith in the idea of coming back grew each and every day. His program made me trust my elbow and shoulder like never before. If I had to describe it, I'd tell you I felt like I was back in High School. I truly felt brand new,” Smith explained.

Tony promotes transparency with his program, and baseballrehabexpert.com is filled with testimonials from pro ball players that have benefited from his expertise rehabbing baseball elbow. Here at AMP, we are thrilled to be working with Tony to make the life-changing program available to players at all levels of baseball, and helping him achieve his ultimate goal of giving, “younger athletes the best ability to keep their dream alive and come back stronger from TJ surgery. I believe everyone deserves that opportunity.”

We look forward to working with other experts in Injury Prevention, Physical Therapy, and Sport Performance as they implement technology into their practices to extend their clinical reach.

## ABOUT AMP RECOVER

AMP Recover is the leader in next-generation, cloud-based rehabilitation protocol delivery. AMP Recover has revolutionized post-acute care delivery by digitizing care, engaging patients in their own recovery through the Recover Mobile app, and providing outcomes analysis all through a single application.

For More Information visit:  
[www.amprecover.com](http://www.amprecover.com)