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Sherry L. McLaughlin, MSPT, OCS, CSCS

BIOGRAPHY

1990 graduate of Andrew University in Berrien Springs, MI, Sherry has practiced in out-patient orthopedic rehabilitation clinics in Southeastern Michigan for over 16 years. She has also served as an adjunct faculty member for Macomb Community College since 1993, instructing courses in Orthopedic Treatment Techniques and Kinesiology for physical therapist assistants. She is an orthopedic certified specialist and a certified strength and conditioning specialist.

In 1998, she founded the **Michigan Institute for Human Performance** (MIHP), a consulting and training company specializing in injury prevention, sport-specific conditioning and orthopedic rehabilitation. She has developed several seminars including *The Missing Link*, *Optimal Athletic Conditioning*, *Optimal Golf* and *BackTalk*, a back injury prevention program that is currently being utilized in several General Motors, Delphi and Northrop Grumman facilities in the United States. In 2005, she founded TriPLAYnar Technology, Inc., a sales and distribution company aimed to share the methodology of the MIHP Think Tank. She has served as a consultant to USA Michigan Volleyball and the Detroit Vipers Hockey Organization.

Sherry is known by her students, peers and seminar participants as a thought leader in biomechanics through her insightful methods in orthopedic rehabilitation, injury prevention and sports-specific conditioning. She is prolific in her ideas of innovative techniques and has captured them in workbooks, video and articles that she produces to support her practice and teachings.

Her passion for the field is evident in the energy and inspiration she brings with each presentation.

SEMINARS & WORKSHOPS

Professional Series:

- The Missing Link (*solutions to biomechanical problems you won't find in textbooks*)
Missing Links to the Shoulder
- Missing Links to the Knee
- Missing Links to the Spine
- Functional Strength Training
- Hard Core Training

Corporate Series:

- 15-Minutes to a Pain-Free Day
- BackTalk (*solutions for back pain*)
- Run Pain-Free
- Walk Pain-Free
- Golf Pain-Free

BOOKS, MANUALS & DVDs

- Lessons from the Couch
- Lessons from the Journey
- Lessons from the Loveseat

- The Runner's Daily Dozen DVD
- The Walker's Daily Dozen DVD
- The Triathlete's Daily Dozen DVD
- The Golfer's Daily Dozen DVD and Book

- The Missing Link Manual Therapy Guide
- The Missing Link of the Shoulder DVD
- The Missing Link of the Spine DVD