

# PT NORTHWEST HELPS PRO BASEBALL PLAYER GET BACK ON TOP



**K**evin Gregg is known to many people in the local area as a baseball player from Corvallis High School. Kevin's skills as a high school pitcher did not go unnoticed and, after high school, his career began to develop. Kevin was drafted by the Oakland A's baseball team to pitch in their minor league system. It wasn't long before he was noticed by several major league teams and was eventually picked up by the Florida Marlins as their Closer.

A short time into his career, Kevin sustained an injury to his knee. A severe tear to his patellar tendon caused him to experience excruciating pain every time his quadricep muscles would fire. Surgery was required to repair the tear. Kevin's surgeon sent him to see Jason Ball, MSPT at PT Northwest in Corvallis where Jason's task was to guide Kevin through his knee rehabilitation and return him to the game.

Jason is an experienced athlete himself having played both high school and college basketball. He is also one of the few Sports Certified Specialists in the State of Oregon. Jason states that Kevin's determination to return to the mound drove him to work hard and to be consistent with his rehabilitation. With Jason appropriately pushing Kevin to his limits and Kevin's commitment, the healing and recovery process flowed smoothly. Kevin could see a pain-free season ahead.

As Kevin and Jason worked together, they developed a mutual respect for each other. After one particularly challenging session, Kevin teased Jason, "I only pitch 12 times in a game. I don't need to be in THAT good of shape!"

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*Jason Ball and Kevin Gregg at the PT Northwest Clinic | Corvallis.*

Jason was with Kevin when he received a call from the Chicago Cubs asking him to be their Closer for the 2009 season. Kevin expressed his gratitude to Jason for his help by inviting him to a game in order to see the "finished

product." Jason went to San Francisco at the end of September for the game between the Chicago Cubs and the San Francisco Giants. He was in the stands cheering for the Cubs, but more importantly, supporting his friend as

Kevin is able to pitch without pain. Kevin told Jason, "Thanks for getting me back to the top. You are the best!" Kevin is currently the Closer for the Toronto Blue Jays and among the league leaders in saves. ▲



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