



Where **The Best** Get **Better**



1580 NW 1st Court
Boca Raton FL 33432
(561) 654-8033
villani@xpesports.com
www.xpesportsacademy.com

Our Story



XPE SPORTS is a destination location for the highest level athletes seeking Speed/Performance Training, Medical Care, and Sports Recovery Services. XPE Sports and Medical has selected the highest level of providers in all aspects of performance and health care to become the leader of Sports Performance for professional athletes. In addition to our performance training, we fully integrate our Medical Team with our Performance Team which allows the athlete to bridge the gap from Injury to Return to Sport. At XPE, our goal is not just a return to pre-injury performance levels, but better performance. By utilizing the latest in cutting edge technology, XPE has achieved results that have the players and league talking. XPE Sports is where the best come to get better.

- World Class Speed, Agility, Strength, Condition Training
- Fully Involved Medical Team
- Sports Recovery Center
- Manual Therapy and Massage Mentorship Program

NFL ALL-PRO /PRO BOWL SUCCESS POST INJURY:



ERIC BERRY

“The SHREDmill definitely helped me because [Tony Villani] constructed it right after my ACL surgery and that helped me get a lot of my power and explosion back...it had a big influence on my recovery.”

Eric Berry post ACL before becoming All-Pro in 2014 for first time. Quote via XPE/Villani Media Highlights and SHREDmill Introduction to the World via YouTube. (6:15 mark)

https://www.youtube.com/watch?v=kOMg_K582Ac

“I definitely think [XPE] is A1 as far as rehab and to get you back on the field and feel the power that you have. For me it was relearning the right technique and keeping the power in my cycle.”

Eric Berry post ACL after becoming All-Pro in 2014. Quote via XPE Sports/ SHREDmill Life via YouTube. (4:30 mark)

<https://www.youtube.com/watch?v=seHJ34PWFhU>

NFL ALL-PRO /PRO BOWL SUCCESS POST INJURY:

“We do a lot of agility work and we get on the SHREDmill which builds a lot of different strength in our legs which gives us the burst on that football field. Tony does a great job keeping everyone athletic and we just enjoy working out with him.”

Mike Pouncey post hip surgery after making Pro Bowl for first time. Quote via XPE Sports/ The Complete Training Package by CBS Sports via YouTube. (1:07 mark)

<https://www.youtube.com/watch?v=W61nzcNzypw&list=PLInIWbyumx-L5AoxG1jHbvzGolPswegtI&index=1>

“I have been with [Tony] the last 3 years, we got on the SHREDmill and I give him all the props... because he got me back fully confident ready to run on [my knee] again. I think he has helped my career tremendously the way he has changed my body and the way I can move around.”

Maurkice Pouncey post ACL after becoming All-Pro in 2014. Quote via XPE Sports/ The Complete Training Package by CBS Sports via YouTube. (1:43 mark)

<https://www.youtube.com/watch?v=W61nzcNzypw&list=PLInIWbyumx-L5AoxG1jHbvzGolPswegtI&index=1>



MIKE POUNCEY



MAURKICE POUNCEY

NFL COMBINE TO DRAFT SUCCESS POST INJURY:

2015 SHANE RAY

- Injury Turf Toe
- Rehab 6-8 weeks
- Running 3 weeks
- 4.55-4.63 40 Yard Dash (per CBS Sports) at 249 pounds would have been 2nd to 4th fastest DE at the NFL Combine
- 1st Round Pick

2014 DOMINIQUE EASLEY

- Injury ACL
- Rehab first 8 weeks at Andrews Institute
- Rehab months 3-5 at XPE
- Personal Pro Day and WORKOUT 1 week before NFL Draft pre-medical clearance
- 1st Round Pick from 2-3rd Round Projection

2006 JASON ALLEN

- Injury Torn Hip Labrum
- Complete rehab from non weight bearing to running
- Not expected to workout at NFL Combine but did after being medically cleared
- NFL.com Top Performer: 40 Yard, Vertical, Broad #4 (#15 All-Time DB), 3 Cone, Shuttle #1 (#1 Entire Combine, #1 All-Time DB, #1 All-Time ANY Position)
- Having the #1 5-10-5 Agility Test EVER from a Torn Hip Labrum!!!
- 1st Round Pick as DB from 3-4th Round Projection as Safety

2013 TRAVIS KELCE

- “Recovering from Sports Hernia surgery and being able to start training intensely with XPE, along with proper therapy was crucial in my recovery and performance”
- 3rd Round Pick



SHANE RAY



DOMINIQUE EASLEY



JASON ALLEN



TRAVIS KELCE

Services



CONSULTATION/EDUCATION



HYPERBARIC TREATMENT

3 PHASES OF CARE

Post Surgical Rehabilitation:

1. Daily treatments at sports medicine facility.
2. Full access to modalities, soft tissue techniques, manual therapy and wound care.
3. Follow up with affiliated sports medicine orthopedic surgeon if consult needed.
4. Operative reports, imaging and post-operative protocols will be reviewed with team surgeon and team director of rehabilitation before treatment begins.
5. Functional based rehab targeted to individual and position demands, following the latest in out come based rehab.
6. Weekly reports sent to team director of rehab and team physician.

Postsurgical PT to Return to Training:

1. PT return to play protocol reviewed with team director of rehabilitation and team physician.
2. Athlete taken through RTP (Return to Play testing) and results evaluated and communicated with team director of rehabilitation and team physician.
3. Athlete, PT and sports performance team XPE will meet to develop a short and long term training plan in coordination with rehab protocol.
4. Athlete will begin supervised return to sport functional activities

Return to Sport and Team Activities

1. Return to training with the XPE training staff with weekly status update with PT
2. Bi-weekly reporting to team medical staff from PT
3. Second RTP performed, results discussed with team medical staff for full return to team activities
4. Performance care implemented by all of our therapists
5. Sports recovery services such as whole body cryotherapy, recovery boots, hyperbaric chamber, cold/hot tubs, etc.



WHOLE BODY CRYOTHERAPY



TREATMENT



LASER THERAPY

B. SERVICES OFFERED

- Physical Therapy
- Chiropractic
- Active Release Technique ®
- Graston Technique ®
- Functional Movement Screen
- Massage Therapy
- Muscle Activation Techniques ™
- ARP
- Deep Tissue Laser Therapy
- Our Vast Network of Providers

Staff Bios



KEVIN CHRISTIE, DC A.R.T. CLINICAL DIRECTOR

Dr. Kevin Christie is a leading Chiropractic Physician and Certified Strength & Conditioning Specialist. He is the Clinical Director of XPE NFL Combine Prep, and will lead the communication on sports injuries, integrative treatment modalities, and the coordination of sports medicine team personnel. Dr. Christie is certified in A.R.T., A.R.T. Biomechanics, the Graston Technique®, and Kinesiotaping. He specializes in gait analysis and has worked with hundreds of NFL, MLB and NHL athletes during their off-season training. In 2009 he was appointed to the Florida Board of Athletic Trainers as the Chiropractic advisor.



KEVIN KESSLER, MD ORTHOPEDIC SPECIALIST

Dr. Kevin J. Kessler is the medical director of Kessler Sports Medicine Center. He is an assistant clinical professor at Nova Southeastern University College of Osteopathic Medicine and has been an assistant clinical professor at the University of Miami School of Medicine. Dr. Kessler is board certified by the American Board of Orthopaedic Surgeons and a fellow of the American College of Surgeons (FACS).

Dr. Kessler has provided orthopedic medical coverage for many of the professional sports teams in South Florida, serving as team physician for the Miami Hurricanes football team, Florida Atlantic University football team, New York Yankees (spring training), Baltimore Orioles, Miami Dolphins, Miami Frenzi arena football team, and the Florida Marlins as a consulting physician.



ROB SIGNORELLO, PT DIRECTOR OF PHYSICAL THERAPY

Head physical therapist XPE Sports and Medical in Boca Raton, FL

Team physical therapist for Florida Atlantic and Lynn universities in Boca Raton, Florida. Attended West Virginia University for sports medicine before obtaining his degree in physical therapy from Daemen College in Buffalo, NY.

Practicing outpatient orthopedic/sports physical therapy for 20 years at Boca Regional Hospital outpatient orthopedics center. Rob serves as an nfl/combine pt affiliate for xpe recovery, rehabilitating nfl and combine players in the off season with season ending injuries or surgery, as well as acute injury post season.



TONY VILLANI DIRECTOR OF PERFORMANCE

Tony Villani has earned the reputation as a leader in the field of athletic performance and is considered the “speed guru” for hundreds of NFL athletes who return for off-season training at XPE Sports. Tony’s work has been featured on ESPN, CBS Sports and the NFL Network. His ability to increase speed, power, and athleticism is unrivaled in professional sports, as many of his 25 First Round Draft Picks were initially slotted to be picked in the 2nd – 4th rounds. Through XPE Sports training, many NFL athletes maintain high performance levels throughout the season, while sustaining lower injury rates than other NFL players.



DON STANLEY, LMT, CFSC FUNCTIONAL MOVEMENT SPECIALIST AND MASSAGE

Lead FMS Provider and Director of Therapy at XPE Sports. Don is a leading CORE Myofascial Therapist and XPE Master Trainer who is nationally recognized as a leader in sports therapy and fitness training. With 20 years of experience working as both trainer and therapist for hundreds of amateur, professional and Olympic athletes, youth and general population. He is certified SFMA and TPI Level 3 Fitness, Medical and Juniors. He specializes in structural integration therapy and is currently the head strength and conditioning coach for one of the top women’s high school travel volleyball clubs in the nation.



KIKA MELA BSE, LMT, MATCSM MUSCLE ACTIVATION TECHNIQUES™ DIRECTOR

Kika has been a therapist for 20 yrs and has been practicing Greg Roskopf’s Muscle Activation Techniques™ (MAT) since 2007. Having earned her Master Level Certification as an MAT Specialist, she is also one of the first Specialists in the world to learn the MAT Rx full body program which is the highest level to be offered. . She has worked with hundreds of professional athletes, travels for her client’s needs, currently provides MAT for an NFL team, and has been working with XPE Sports and their athletes since 2010.