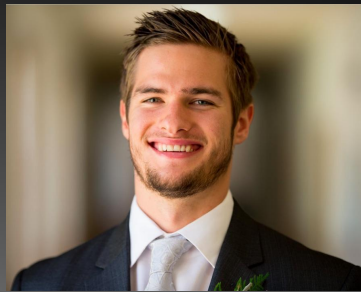


# Aaron Brown

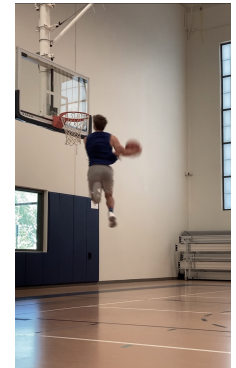
The Jump Doctor™



## Credentials

DPT – Doctor of Physical Therapy  
PT – Licensed Physical Therapist  
XPS - EXOS Certified Performance Specialist  
CSCS - Certified Strength & Conditioning Specialist  
SCAT - State Certified Athletic Trainer  
ATC - Certified Athletic Trainer

## About Me



Growing up in Charleston, SC, I played basketball at Wando High School. Over my high-school years, I participated in just about every sports performance program available. Experimenting over the years on my own body, trying to obtain the competitive edge. This allowed me to learn what worked and what didn't for improving my athleticism.

**From there I began my higher education to understand and continue to apply the scientific principles that set certain athletes apart.** I obtained my undergraduate degree from Erskine College, where my wife Amelia and I majored in Athletic Training. After graduation, we moved to Thomasville, GA where we both worked as Head Athletic Trainers at rival high schools: Bainbridge High School (Aaron) and Thomas County Central High School (Amelia). While operating under the umbrella of sports medicine, I decided that I wanted to further my education in physical therapy.

In May of 2018, we moved to Charleston so I could attend the Medical University of South Carolina to attain a Doctorate in Physical Therapy. During the program, I worked as a part-time athletic trainer for MUSC Health Sports Medicine, covering College of Charleston club sports, local high school sporting events, and the Volvo Car Open.

As I began learning movement, strength and conditioning principles, and physical therapy techniques I started developing programs for myself to improve explosiveness. As I began cycling through the different programs that I developed, I started to notice that I was obtaining some serious results! Throughout college, I may have been able to dunk on a really good day, and at that, it was not impressive. Now, I can perform 360 dunks, windmills, and a variety of alley-oop dunks. However, the most significant improvement was the way I felt. **Lingering pains from the wear and tear of my basketball career started to go away.** The mobility portion of these programs freed up my hips, knees, ankles, and spine to move more efficiently on and off the court.

In April 2020, the COVID quarantine caught up to us. My wife and I were both furloughed from work. I remember sitting at the dinner table with notes for final exams spread out, wondering "what are we going to do?" So, I started Elevate Strength Power Plyometrics (ESPP); utilizing the things that I learned, researched, and applied to train athletes. After a few months of training, I rebranded, and on September 11, 2020, **Elevate Sports Performance LLC** was established.

As a sports medicine health professional, strength and conditioning specialist, and physical therapist, I have a passion to help athletes maximize their athletic potential with proper mobility and training programming.