



## **Dr. Tony Mikla**

Dr. Tony Mikla DPT MSPT, CSCS ([www.linkedin.com/in/mikla](http://www.linkedin.com/in/mikla)) is the owner of the KIME Human Performance Institute. KIME practices physical therapy and performance training with a focus on human movement. KIME utilizes exercise and manual therapy strategies to improve performance. Their primary emphasis is to return people from injury back to the game, as well as improve their performance along the way.

KIME ([www.kimeperformance.com](http://www.kimeperformance.com)) is one the fastest growing healthcare practices in the region. The company provides services to people of all ages that are interested in improving their health and functional abilities. KIME is active in the community, developing performance enhancement programs for professional athletes, young people within the community, high school sports teams, and junior college athletic programs. KIME was recognized as one of the TOP 10 Healthcare facilities in the Sacramento, CA Region. KIME is the official sports medicine partner of Team Alpha Male, a UFC team with 15 athletes that train on the UFC circuit, and 25 others around the world. KIME also serves as the exercise consultant for Physical Male, an online medical solution for men's health. In addition to their physical therapy and performance services, KIME runs an educational series called the Bulletproof Body, directed towards educating fitness experts and sports medicine specialists.

Dr. Mikla previously served as Performance Physical Therapy Manager of EXOS, Arizona (formerly Athletes Performance, [www.teamEXOS.com](http://www.teamEXOS.com)), where he was responsible for returning elite athletes back to the game, reintroducing US Military special operators back to the front lines, and working along side companies to improve employee health and productivity.

Sacramento Business Journal awarded Dr. Mikla an honoree of the 2017 40 under 40 class, which recognizes young professionals who excel in their community. In 2015 he was a national finalist for the NCSA Sports Medicine Specialist of the Year. As an active member of the NSCA, he recently served as the Northern California State Director and advisory board member of the Southwest Region. He spoke at the National Conference in 2012 and has published seven studies in International Journals on the topic of throwing velocity and shoulder health.

Tony was a member of the University of Arizona Men's Basketball team from 97-02, a graduate assistant for athletic performance at University of the Pacific while going through physical therapy school. Since then, he has served as a consultant and rehab specialist for several professional sports teams and college athletic programs. He traveled with USA Track and Field as personal medical for multiple athletes at the 2011 World Championships, 2008 and 2012 Olympic games.

Tony voluntarily speaks at several Physical Therapy graduate programs including Northern Arizona University and Sacramento State University. He also volunteers with medical coverage at events such as triathlon, marathon, cross-fit competitions, and coaching youth sports.

Tony lives in El Dorado Hills, CA, is married with two children. His career goal is to help people achieve their peak performance through developing their mindset, movement, nutrition, and recovery strategies.