



## Adam Lupinski, LAT/ATC, PTA, CSCS

### Bio

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Adam has been with OrthoCarolina since 2015. His passion for being a resource for getting athletes/active adult population back to sport or unrestricted functional activity led him to pursue an advanced certification as a Certified Strengthening & Conditioning Specialist, where his focus lies. He is also the Head Athletic Trainer at Stewart Haas Racing

### LOCATIONS

- Lake Norman Physical & Hand Therapy

### CLINICAL SPECIALTIES

### Education

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- **University of Central Florida** - *Bachelor's in Athletic Training-Sports Medicine*
- **University of Central Florida** - *Master's in Health Service Administration*

### Practice

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- Has 20 years' experience working in out-patient physical therapy & sports medicine facilities
- Experience providing athletic training coverage for local high schools, club sports, & adult recreational sports leagues
- Has been involved w/ an athlete's return to play following sports-related concussions

### Awards

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National Strengthening & Conditioning Association- Certified Strengthening & Conditioning Specialist