

Partners in Science

USANA & THE ORTHOPEDIC SPECIALTY HOSPITAL



ABOUT

The Orthopedic Specialty Hospital (TOSH), located in Murray, Utah, is one of the country's premier facilities for orthopedic surgical care, rehabilitation and physical therapy, sports performance training, and nutrition counseling. In addition, TOSH has an extensive research program that includes orthopedic surgery, sports medicine, exercise physiology, sports biomechanics, physical therapy, occupational therapy, athletic sports performance training, and nutrition.

TOSH first opened its doors in 1991 as a small, stand-alone facility. Today, this state-of-the-art 100,000 square-foot

facility has more than 400 employees. The building includes a 25-meter lap pool, a functional activities area, a full weight room, an exercise room, a human performance research laboratory, 10 surgery suites, and 30 clinical patient rooms.

BENEFITS OF PARTNERSHIP

Because of their many services, TOSH deals with a unique group of individuals and patients every day, giving themselves a distinctive subject pool for their research purposes. And that makes TOSH an excellent partner for USANA.

Through TOSH's collaborative relationship with USANA, the hospital has been able to streamline a series of studies



being conducted in young athletes, athletes recovering from anterior cruciate ligament (ACL) surgery, patients with knee osteoarthritis, and patients recovering from knee replacement surgery. These studies, funded in part by both USANA and The Deseret Foundation with Intermountain Healthcare, are well on their way to making real, positive differences in the lives of others.

TOSH is also very well equipped to conduct—and brings years and years of experience to—human clinical studies. Partnering with TOSH ensures that USANA is the first to know about the new discoveries being made in the nutritional aspects of sports science and medicine. And these findings can help further USANA's line of nutritional products.

LEARN MORE

TOSH provides many services to the public: programs, including the Living My Best Program and Playing My Best Sports; nutrition classes; physical therapy; sports medicine; and surgical services. Keep up to date on the latest TOSH discoveries, studies, and more by visiting <http://intermountainhealthcare.org/hospitals/tosh>.



CURRENT STUDIES

USANA is currently supporting a number of projects at TOSH:

- A vitamin D and osteoarthritis study aiming to identify the influence of vitamin D supplementation with and without **Procosa**[®] and **BiOmega**[™] on muscular-based outcomes in patients with osteoarthritis symptoms.
- Four separate human clinical studies utilizing a number of USANA's products—including **BiOmega**[™], the newly formulated **Procosa**[®], the **Essentials**, and **Vitamin D**—are looking at the relationships between these products and joint health, post surgical wound healing and strength recovery, and athletic performance in athletes.
- Serving a collaborative role, providing top-of-the-line products with quality assurance and a certificate of analysis, on all research projects. USANA also provides intellectual contributions to study design, analyses, writing, and presentation.