

INTERNSHIP SITE LIST – Revised 1/2020

Cardiac/Pulmonary Rehabilitation

LifeStyle Centre – Covenant Medical Center

3615 19th St., Lubbock, TX 79408

Lauren Henry, Intern Coordinator - 725-4386 or henryl1@covhs.org

Intern application: http://www.depts.ttu.edu/ksm/_documents/grad/acsm_comps/2018_app_covenant_intern.pdf

University Medical Center Cardiac Rehab **Must complete application on UMC website

Medical Office Plaza- 3502 9th St., Suite 410

Brittany Womack, Internship Coordinator - brittany.womack@umchealthsystem.com

(806) 775-8950

Commercial Fitness Centers / Sports Clubs - **These sites require pre-approval from instructor

TRUFIT Family Center

5105 82nd St., Lubbock, TX

Thayne Sharp

801-888-7815

tsharp@clubtrufit.com

TRUFIT Sport

5921 W. 34th & Loop 289

799-4040

Freedom Fitness

4124 19th St., Lubbock, TX 79407

General Manager - 797-7867

TRUFIT

5402 4th St. & Slide, Lubbock, TX

(806) 687-4242

aabraham@clubtrufit.com

Premier Sportsplex

9000 Memphis, Lubbock, TX 79423

Owner, Curry Blackwell or Fitness Director – (806) 771-4263

The Falls Tennis & Athletic Club

4705 112th St. Lubbock, TX 79424

Manager-Marti Watts-806-686-6080 or 806-441-6035

Orange Theory Fitness

5214 98th #300

Lubbock, TX (806) 749-1200

Corporate Fitness / Wellness Programs

Physical Therapy Today – Wellness Today

Physical Therapy Today Exercise Center

2431 S. Loop 289 Lubbock, TX

Judy Fleming- jfleming@ectsi.net

United Supermarkets
7830 Orlando Ave., Lubbock, TX 79423
Wellness Mgr.

Medical / Clinical Fitness / Wellness Centers

Carillon Health Care Center
1717 Norfolk Lubbock, TX 79416
Fitness Director- 281-6158

Lifestyle Centre- Covenant Medical Center
-see listing under Cardiac Rehab

Physical Therapy Today Exercise Center
**See listing below under Physical Therapy

Miscellaneous Fitness Programs/Centers

Healthy Lubbock Initiative
Garrison Institute on Aging
6630 S. Quaker, Ste E, Lubbock, TX
Annette Boles- (806) 743-7821 x244 or 283-3530 or annette.boles@ttuhsc.edu

TTU Student Recreation Center
Fit/Well Department
Kami Waden - kami.waden@ttu.edu - 742-3351

YWCA
3101 35th St., Lubbock, TX 79413
Fitness Director - (806) 792-2723

CrossFit Paladin
Melissa Koenig 806-535-0395
www.CrossFitPaladin.com
CrossFit Level 3
CrossFit Olympic Lifting

Occupational Therapy/Medicine

UMC Physical Network Services- Occupational Medicine
5219 City Bank Pkwy, Ste. 160, Lubbock, TX 79407
Amber Rye, Occupational Medicine Coordinator – 806-761-0346 or Amber.Rye@umchealthsystem.com

Transitional Learning Center (TLC) (Traumatic brain injury)

Crown Point (Skilled Nursing facility)

Covenant Neuroscience Center

TrustPoint Hospital

Physical Therapy/Rehab / Sports Medicine Centers

Cornerstone Physical Medicine & Rehabilitation
4010 82nd St., Ste. 130 Lubbock, TX - (806) 783-8234

Owens-White Outpatient Rehab Center/ Covenant Sports Medicine
4010 22nd St, Lubbock, TX 725-5627

Physical Therapy Today Exercise Center
2431 S. Loop 289 Lubbock, TX - Jeff Powell – 771-8010

Physical Therapy Today
4138 19th Street, Lubbock, TX
Mike McKaskle- 780-2329

Lubbock Sports Rehab (TXL Sports Training)
6206 Norwich Ave. Lubbock, TX (806) 792-7200

University Medical Center – Team Rehab

- Team Rehab & Sports Medicine -4642 N. Loop 289 Suite 205, Lubbock, TX 79416
Mitchell Brockman , MPT , Program Coordinator – Mitchell.Brockman@umchealthsystem.com
(806) 775-9275
- * Team Rehab at Zach's (2 locations)
 - 1) 4229 78th, Lubbock, TX (806) 775-9279
 - 2) 7105 Kewanee, Lubbock, TX (806) 775-9275

South Plains Rehab Hospital of UMC and Encompass Health- 5406 Colgate Street, Lubbock Texas 79416

- Andy Davies PT,DPT- Director of Therapy Operations-806-507-3544
robert.davies@encompasshealth.com

Strength & Conditioning / Sports Training

Athletic Training Center, Texas Tech University
Tory Stephens, 742-1345 or tory.stephens@ttu.edu

TXL (formerly D1) Sports Training
6206 Norwich Ave.
Lubbock, TX (806)702-8978
Aaron Uzzell

Texas Tech Men's Basketball
Strength Coach, 392-5774

Volunteer Organizations

American Cancer Society
3411 73rd St., Lubbock, TX 79423 792-7126

American Diabetes Association
8008 Slide Rd., Lubbock, TX 79424 794-0691

American Heart Association
2514 82nd St. – Suite B Lubbock, TX 79423

Misc.

The Ranch at Dove Tree in collaboration with the Center for the Study of Addiction and Recovery at Texas Tech University- 1406 CR 5800, Lubbock, TX 79403; PH (806) 746-6777; FAX (806) 746-6770
Chris Carrillo, B.S., CPT, CSN, Health & Wellness Director