



# ØRKA Performance Powered By Lumin Sports

Official Performance & Rehab Partners

## FAQs for Lumin Sports AMS and S&C Rollout

With a world-class reputation for structured, evidence-based rehab and performance protocols, ØRKA Performance required an all-in-one software platform to support their RTP plans, program delivery, and athlete monitoring. After completing a thorough process to find the right solution, ØRKA's co-owners, Taylor Evernden and Travis Gaudet, made the switch to Lumin Sports.

Since transitioning, they have fielded a range of questions about why they switched, how they managed the transition, and why Lumin is best suited for them from an S&C, rehab, and business operations perspective, providing insight for other organisations considering a similar move.

## Setup & Building Workflows

### What were some non-negotiables when setting up your platform to ensure smooth workflows?

We understood early that the time invested on the front end would be the linchpin for how Lumin's AMS features function on the back end. If the inputs aren't structured, the outputs can't be trusted.

When a new athlete is added, our rehabilitation team is responsible for completing the following within the Health tab:

- New Injury (location, onset date, estimated recovery, status)

Estimated Recovery is critical from a cohesion and forecasting standpoint. It forces our therapists to predict realistic recovery trajectories. An ACL-R carries a different timeline than a high ankle sprain or chronic tendinopathy. A West Point Grade 2A high ankle injury (AITFL, partial PITFL, IOL) carries a different trajectory than a Grade 1 isolated AITFL tear with stability. This requirement gives us diagnostic insight into clinician reasoning and ensures alignment across departments.

Status is equally important. If Strength Coach A and Physiotherapist A are both tagged to the same athlete, status updates provide immediate clarity to the athlete's internal team. Everyone sees the same performance and rehabilitation reality within our ecosystem.

Attachments now serve as a centralized operational hub. Our strength and conditioning team uploads:

- Pro Athlete Intakes
- BFR consent forms
- Performance testing reports and dashboards

Previously, these assets lived in disconnected systems. Now, they sit directly within the athlete's profile, alongside notes highlighting key low-hanging fruit across core qualities (strength, motor control, explosiveness, speed, etc.). Treatments allow us to clearly delineate which internal pathway the athlete is in (e.g., ØRKA Performance Program, Rehab Membership, Session-by-Session).

Rehab Plans may be the most important structural shift. This feature pushes therapists beyond session-to-session thinking and into macrocycle design — full-spectrum rehabilitation with the end goal in mind. We expect physiotherapists to consider the highest intensity actions of the athlete's sport at intake and reverse engineer each phase back to present-day prescription.

Timelines are estimates and rehab remains variable. However, that discomfort — particularly for therapists without deep strength and conditioning backgrounds — exposes blind spots. That exposure is productive. It allows us to develop as practitioners and close performance gaps in our rehabilitation model.

## Rehab

**From a rehabilitation lens, what components of Lumin are most important for clinical workflow? Why?**

Health and Status are the most critical. They create diagnostic transparency, communication clarity, and system-wide alignment. Without accurate injury data and live status updates, both clinical reasoning and interdepartmental coordination break down.

## Business Operations & Department Workflow

**From a business and operations lens, what non-negotiables support internal workflow between departments?**

Accurate role designation (Strength Coach, Medical Manager, Admin) is foundational. Proper tagging ensures:

- Relevant health notifications reach the right people
- Full vs. modified totals are visible
- Each department maintains clarity on athlete status

The Overview dashboard allows each team member to quickly scan their stable of athletes. This reduces falloff risk and maintains a constant pulse on athlete lists without manually digging through databases. Importantly, this visibility lives where programming lives. That proximity improves adoption, adherence and accountability across departments.

## Time Saving & Key Features

**Are there features that reduced the programming time cost compared to competitors?**

Yes — significantly. The ability to:

- Undo actions
- Copy a single exercise
- Copy a superset
- Copy an entire day
- Duplicate or delete weeks
- Rename supersets to match company nomenclature

These granular controls dramatically reduce programming friction. In rehabilitation, time is the most valuable commodity. Historically, time cost has been the primary barrier preventing physiotherapists from adopting strength and conditioning software.

Most platforms are built for performance coaches first.

Lumin bridges that gap. It serves both the performance and rehabilitation practitioner without forcing either to compromise workflow efficiency.

## Competitor Insight

### What does Lumin offer that competitors don't?

Bulk program modification.

The ability to update program changes across athletes in just a few clicks has been a genuine game changer. It allows us to maintain individualized precision without absorbing excessive administrative time.

### Rehab Plans

The other thing on the rehab side that was really attractive to us was those rehab plans. It really encourages us to think beyond individual sessions. What we're really aiming for is a clearer arc from injury all the way to performance.

[See Full Lumin Feature Breakdown - luminsports.com](https://luminsports.com)

## Onboarding Time & Rollout

### What was the largest time cost in the switch?

The largest investment was ensuring our exercise library was complete and properly structured. However, with Lumin's new bulk exercise library import functionality, that process has become significantly more efficient.

## Program Structure

### How is ØRKA structuring its programs?

For advanced rehabilitation cases, we build individual athlete programs.

However, the majority of our work operates within Main Programs, with branching modifications based on objective testing and subjective reporting. We are also building long-term Main Programs for our core rehabilitation pathways. For example, our ACL Program has been built out across a 12-month structure. This allows us to rapidly assign, adjust start dates, and individualize as needed while maintaining the system consistency.

This approach gives us scalability without sacrificing precision — a key principle in both high-performance and high-accountability rehabilitation environments.

## Want To Learn More?

Join teams and organisations globally, including the NBA, NCAA, MLS, AFL, Formula 1 and many more utilizing Lumin to manage athletic performance, team operations, strength & conditioning programming, plus medical and rehab administration.



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