

<http://www.forbes.com/sites/davidlariviere/2015/03/03/former-giant-bart-oates-joins-management-team-of-joint-pain-treatment-program/>



Former Giant Bart Oates Joins Management Team Of Joint Pain Treatment Program

[David Lariviere](#) Contributor

A decade-old treatment for lower extremity joint pain popularized in Israel is now available in the U.S. through select trained physical therapists. The year-long program is designed to reduce knee, hip, pelvis and back pain without drugs, injections or surgery by taking pressure off the injured areas.

The [AposTherapy](#) treatment system, which costs \$5,000 to \$6,000 a year, caught the attention of three-time Super Bowl champion Bart Oates when he was looking for ways to improve the wellness of former players as president of the NFL Alumni Association's New Jersey chapter. "We were looking to be pro-active, preventative and find the best technology and, through that process, we kind of found Apos by accident," Oates said.

A computerized analysis of a patient's walk is used to personally calibrate a biomechanical device that is worn on the foot for one hour a day. Last year Oates decided to try the treatment himself and was impressed. "I've seen significant changes. My knees got pretty beat up during my playing days and I definitely felt better," Oates recalled.

Oates then joined the AposTherapy team as vice president of athletics and has introduced it to former Giant teammates Jim Burt, Ottis Anderson and Karl Nelson as well as ex-Jet Bruce Harper. He plans on working with Joe Morris, Harry Carson and ex-Jet Greg Buttle soon. Former NBA players such as Moses Malone, Charles Smith, Latrell Sprewell and Satch Sanders have also tried the treatment program.

Oates added, however, that "AposTherapy isn't just hugely beneficial for current and former athletes, but rather it's for everyone and anyone seeking relief from knee, hip and back pain who hope to avoid pharmaceuticals, needles and surgery as well as for those rehabilitating after surgery." An estimated 100 million Americans suffer from chronic pain.

The center on the '86 Giants, Oates is one of many players, including George Martin, Billy Ard, Brad Benson, Harry Carson, Phil Simms, Phil McConkey, Zeke Mowatt and Mark Bavaro, who

have gone on to successful business careers after football. “It was a good collection of quality guys and I was blessed to be part of that group.”

At AposTherapy, Oates seems to have aligned himself with another successful entity.