

Protect Yourself



Year after year young athletes miss out on their favorite sports and recreational activities because of ACL Tears. So, correct the underlying causes that increase your risk of a season or even career ending injury by taking a pro-active approach to ACL Tear prevention with our Neuromuscular Training Program.



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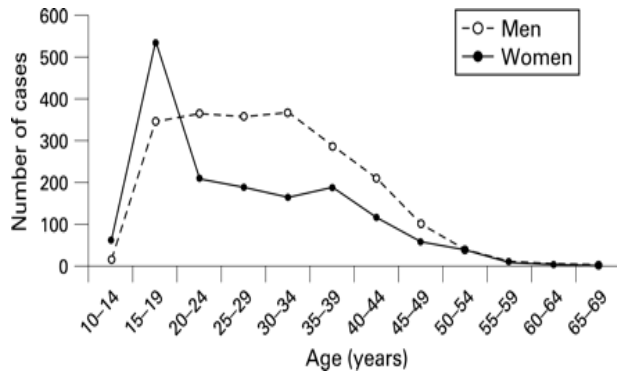
Anterior Cruciate Ligament (ACL) Prevention



*Keeping You in
the Game!*

Phone: 724-776-3122

ACL Tear Prevention



In 2008, the majority of ACL Reconstructions for men and women occurred between ages 15-35 and 15-25, respectively.

*Published in British Sports Medicine Journal

Mechanism of Injury

- 70% of ACL Injuries are Non-Contact
- Caused by cutting, pivoting, or twisting.
- Hyperextension of the Knee
- Abrupt Deceleration
- Landing from Jump with the leg straight or nearly straight

*You perform all these movements hundreds of times during practice or a game, leaving you susceptible to a greater chance of ACL injury.

WHO is at RISK??

-There are 200,000 ACL injuries/year with 100,000 of these injuries requiring reconstructive surgery

-High School and Collegiate Athletes participating in soccer, basketball, lacrosse, gymnastics, football, volleyball, etc.

-Common age range from Mid-Teens → Early 20s

-Females > Males

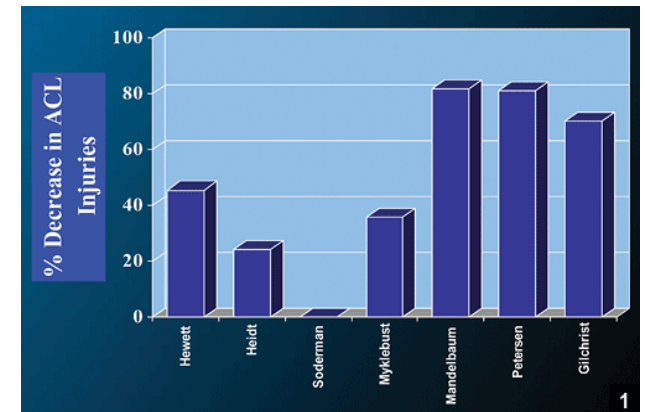
*Females are **6-8Xs** more likely to injure their ACLs than males.

Factors Contributing to ACL Tears

- Anatomic
- Knock Kneed
- Smaller ACL
- Rotation at Hip and Knee
- Tissue Characteristics
- Knee joint laxity
- Hyperextended Knee
- Increased Hip Mobility
- Neuromuscular Control
- Quad Bias
- Poor Muscular Endurance
- Decreased Core Strength
- Estrogen Levels in Females
- Muscular Response Time

*Many of these factors can be trained to decrease your risk of ACL Injury

Neuromuscular Training



In 2009, a Neuromuscular Training Study reported 7 prevention programs for lacrosse athletes that on average **decreased the risk of ACL Injury by nearly one-half** (48% reduction; ranges from 24%-82% * (Hewett TE et al, Heidt RS Jr et al, Mandelbaum B, Söderman K et al, Myklebust G et al, Petersen W et al, Gilchrist J et al.)

We would like to offer you a chance to join our ACL Tear Prevention Program to keep you in the game. This program will not only focus on the factors that will DECREASE your risk of severe knee injury, but will also improve your:

-speed	-agility
-strength	-balance
-coordination	-flexibility

Become a stronger, more competitive athlete INJURY FREE!

Keeping You in the Game!