



Comprehensive Before and After Testing:

1. Digital assessment of jumping and landing mechanics
2. Digital assessment of ACL tear risk
3. Qualitative assessment of knee and hip stability
4. Quantitative hamstring strength measurement
5. Vertical jump measurement
6. Speed and cardiovascular endurance testing

Parents receive a printout of all of the above information, including the digital assessments, before and after the training program for comparison.



Contact: Rebecca Fournier, PT, DPT
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 for registration or questions

Cost: \$300 for 18-session, 6-week program
 (\$16/session)

Dates: July 6, 2020 – August 14, 2020

Session Times: Every Monday, Wednesday,
 and Thursday, 5:00-6:30 pm

Location: Children's Therapy Group,
 1215 E. Fox Farm Rd.

Children's Therapy Group, LLC

Presents:



ACL tears and other lower extremity injuries are quickly becoming the most common sports injury for young women. Young female athletes are 4 to 6 times more likely to sustain a non-contact ACL injury than their male counterparts. These injuries require reconstructive surgery, long recovery times, and high recurrence rates. Women are more susceptible to injury because of differences in lower body alignment, jumping and landing mechanics, specific strength deficits, and timing of muscle firing. Each of these differences can be resolved with proper neuromuscular training. Sportsmetrics™, a training program scientifically proven to decrease knee injuries in female athletes, was designed by Dr. Frank Noyes and the doctors and researchers at Cincinnati Sports Medicine Research and Education Foundation.

Program Components

Sportsmetrics™ training consists of five components:

1. Dynamic Warm-up: Specifically designed to target muscle imbalances and flexibility deficits while teaching proper mechanics.

2. Plyometrics/Jump Training: The core of the Sportsmetrics™ program, we use selected plyometrics which focus on correct jumping and landing technique. Frequent practice with correct jumping and landing form trains the body to automatically use correct mechanics during competition. Plyometrics develop muscle control and targeted strength critical for reducing the risk of knee injury as well as increasing jump height.

3. Speed, Agility, and Conditioning: With emphasis on body alignment and technique, Sportsmetrics™ provides structured speed, agility, and conditioning guidance. Different than a typical conditioning program, Sportsmetrics™ focuses on proper control during cutting, directional change, and decelerating tasks.

4. Strength Training: The strength portion of Sportsmetrics™ focuses on improving the specific strength deficits associated with ACL tears and lower body injuries. This program focuses on core and hip stability and lower body strength.

5. Flexibility: Stretching is essential to achieve maximum muscle length to allow muscles to work with power through complete range of motion. This is important for decreasing injury and post-training muscle soreness. Like the rest of the training components in Sportsmetrics™, stretches are performed as part of the training session.



Our program is run exclusively by Sportsmetrics™ certified physical therapists and we will always have a 1:6 therapist to athlete ratio in order to provide proper feedback and targeted training.

Additional Benefits:

- Improved athletic performance, including vertical jump height, power, agility, and cardiovascular fitness
- Summer strength and conditioning
- Additional medical advice from movement experts
- Having fun with other female athletes in a non-competitive environment