

PREVENTING ACL INJURIES

**Decrease Your Risk of Injury
Understanding and Preventing Noncontact ACL Injuries
Medial Collapse & Lower Extremity Injury**



The most efficient ways to reduce the risk of ACL injury

- Proper leg muscle strength training and core training
- Proper neuromuscular (balance and speed) training
- Proper coaching on running, jumping, landing and cutting along with the proper understanding and coaching of correct bio-mechanics and continued development of such

With more female athletes involved with sports than ever before, it means more **ACL INJURIES** - the most common cause of permanent disability in female high school basketball, soccer and lacrosse players. ACL injury accounts for up to 91% of season-ending injuries each year and 94% of those injuries end up requiring surgery in female athletes. In the United States alone, nearly 80,000 high school female athletes experience ACL injuries each year, with most taking place in soccer and basketball with lacrosse and softball not far behind. In addition over 85% of these issues occur in non-contact situations.

At **ULTIMATE ADVANTAGE**, we have developed a program of prehab to greatly reduce the risk of an ACL or knee injury. Our success is proven, and the concept of prehab is backed by a 2011 study in the journal Sports Health: A Multidisciplinary Approach, which found that prevention programs not only significantly reduced ACL injury rates but improved athletic performance.

While there are many different schools of thought on why female athletes are more prone to ACL injury than their male counterparts, the study's findings were clear regarding prevention.

This is something we clearly understand at **ULTIMATE ADVANTAGE**. We routinely use these foundations with our female athletes with tremendous success. Our seminar is geared to help coaches and athletes understand the hows and whys of what is the proper course to maximize the prevention of the dreaded ACL injury in female athletes.

Our over 20 years of hands-on experience working closely with female athletes and coaches of all levels has provided us tremendous insight to how the female athlete responds to our approach. We proudly boast success story after success story in helping injured athletes. This seminar is a must for any coach or athlete who is serious about their sport and

their athletes' well being. We will show you how it happens, explain why it happens, and give you the knowledge and understanding about how to prevent an injury before it happens. Learn what exercises and drills are best in the prevention and rehabilitation of an ACL problem and which ones have little value to the athlete. We will also provide you an understanding of proper bio-mechanics and how to do things correctly both on the field and in the gym.

At **ULTIMATE ADVANTAGE** we work with coaches and athletes around the globe and have found very few have a clear understanding about proper ACL prevention techniques. This seminar will equip you with a new understanding and knowledge of the ACL injury prevention process, without a proper understanding you are gambling with your athletes' careers.

Don't wait-this is one seminar you do not want to miss!

BOOK YOUR SEMINAR TODAY
Your athletes will be very glad you did!

For More Information



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