

Group ACL Injury Prevention Program

The Group ACL Injury Prevention Program trains participants to focus on modifying muscle balance, timing of muscle activation, and joint position to reduce the risk of an ACL injury.

WHO SHOULD PARTICIPATE?

Any athlete who wants to learn correct techniques or improve in the following areas: plyometrics, strengthening, agilities, dynamic/static stretching, and proprioception/balance training. With the athletes dedication, these sessions are effective at reducing the risk of ACL injuries.

WHERE AND WHEN IS THIS PROGRAM OFFERED?

We will work with you and your team to find a convenient time and location.

HOW LONG ARE THE SESSIONS?

Programs include two sessions per week for six weeks. Classes last between 20-90 minutes.

HOW MUCH DOES IT COST?

The fee is \$90.00 per athlete. A minimum of six athletes is required per session.

**TO SCHEDULE A PROGRAM OR FOR MORE INFORMATION, PLEASE CALL
(585) 341-9150.**