

## **PEP (Prevention of Injuries and Enhanced Performance) Classes**

We are offering a group class at University Sports Medicine that is specifically designed to help reduce the number and frequency of non-contact ACL tears in our community. This program is particularly important for female athletes between the ages of 12-20 because of the extremely high rate of ACL tears in this population. However, any athlete male or female can benefit from this exercise program. The class will focus on lower extremity strength training and plyometrics, which have been shown to improve athlete's neuromuscular strength and help reduce the likelihood of certain knee injuries.

### **Who Should Participate?**

Any athlete who participates in sports that require agility and quickness can benefit from these classes. High risk athletes such as female, soccer, basketball, volleyball and lacrosse players can seriously reduce those risks of suffering a season ending knee injury. Also, any one who has already had ACL reconstructive surgery and is completed their agility portion of their rehab can participate and reduce their risk of suffering another ACL tear.

### **What types of Exercises can you expect?**

Our program will train athletes to improve their lower extremity strength and power and teach them more efficient neuromuscular control. We utilize proven strength and conditioning techniques as well as plyometrics, agilities and proper flexibility exercises.

### **Where are the classes being taught? When?**

On campus at the University of Rochester in the Georgen Athletic Complex. Classes are every Tuesday and Thursday starting promptly at 4:00pm and ending at 5:00pm.

### **How many sessions will I need to attend:**

To achieve maximal success with this program we recommend attending approximately 6-8 sessions. Learning the correct movement patterns and plyometric exercises is paramount for success with this program.

### **Cost:**

\$15 per person, per class.

**CALL 341-9150** and ask to sign up for our PEP classes.

**\*for information see our PEP brochure or go to:**

**[www.http://urmc.rochester.edu/ortho/patient/specialties/sports-medicine-rehabilitation/index.cfm](http://urmc.rochester.edu/ortho/patient/specialties/sports-medicine-rehabilitation/index.cfm)**