FREQUENTLY ASKED QUESTIONS

Where is University Sports Medicine located?

University Sports Medicine is located in Brighton and in Greece. See maps on back for details.

What should I wear to my first appointment?

Please wear shorts and sneakers and come ready to exercise.

Can I learn this program individually or with my team?

You can schedule an individual performance enhancement appointment with one of our Certified Athletic Trainers or you can learn the exercises by signing up for our group PEP classes.

Can I participate even though I have never had an ACL tear?

Yes. We strongly recommend the program to help decrease the chances of tearing your ACL.

How soon can I start the PEP program after having ACL reconstruction surgery?

You can begin once your doctor has cleared you to return to sports activities, and you have completed your therapy program.

Further questions can be directed to:
Todd Peterson, ATC, PTA
ABOUT THE PROGRAM

The Performance Enhancement Program is a group of exercises specifically designed to enhance athletic performance and reduce the risk of knee injury incurred when athletes participate in agility sports.

The PEP program was developed by researchers at the Santa Monica Orthopaedic and Sports Medicine Group to specifically target female athletes and reduce their risk of certain knee injuries, including Anterior Cruciate Ligament (ACL) tears.

University Sports Medicine has been teaching this program to Rochester and surrounding area female athletes over the past five years. Implementation of the PEP program within this population resulted in a 72% reduction in non-contact ACL injuries between 2007 and 2009. We are now offering the PEP program to patients who have had ACL reconstruction and are in the return-to-sports phase of the rehabilitation process.

The PEP program is an advanced strength and conditioning program that teaches you proper plyometric jump training, agility drills, strength training and flexibility. These exercises are proven to help you perform better on the field and in your sport. The PEP program emphasizes lower extremity strength and neuromuscular control, as well as movement preparation and agility training. This program can be learned through one-on-one training or in a group setting.

HOW IT WORKS

Once the PEP program is learned it can be easily formatted into a warm-up program for any agility sport. By continuing to perform the PEP program two to three times per week, athletes will reduce their chances of sustaining a non-contact ACL injury for the remainder of their athletic career.

WHY YOU SHOULD PARTICIPATE

- Improve power, speed and flexibility
- Learn how to avoid vulnerable positions with a teaching emphasis on landing mechanics
- Improve neuromuscular control with proper instruction of plyometrics
- Gain confidence in your ability to successfully return to sports following your ACL reconstruction
- Decrease the chances of re-injury following ACL reconstruction

Don’t become another ACL statistic. Call 341-9150 to schedule an appointment with one of our Certified Athletic Trainers and learn about this valuable program.