

**Physical Therapy Associates
of Schenectady
ACL Injury Prevention &
Performance Enhancement
Program**



**6 weeks of fun, high intensity
training to improve your game
and keep you on the field
without getting injured**

**July 7th-August 13th
Tuesdays & Thursdays 5-6:00 pm
Burnt Hills - Ballston Lake
practice fields**

ACL INJURIES

If you are an athlete, coach or have children that participate in athletics, there is a good chance that you have heard of an ACL injury. ACL injuries are a common occurrence and tend to be more prevalent among the female athletic population. Research investigating ACL injuries report that female athletes are four to eight times more likely to sustain injury to the ACL than male athletes. In high school the female athlete has a 1 in 100 chance of tearing her ACL.

ACL stands for Anterior Cruciate Ligament. The ACL is a ligament inside the knee joint that starts from the end of the femur (thigh bone), and inserts on the tibia (shin bone). The job of the ACL is to prevent the tibia from sliding too far forward and rotating excessively inward.

60 % of ACL injuries are non-contact injuries and often occur while planting, cutting, or jumping. An ACL injury usually occurs during a sudden stop, excessive inward rotation of the knee, hyperextension of the knee, or a forceful blow to the outside or front of the knee.

**ACL Injury Prevention
& Performance
Enhancement Program**

With the support of the most up to date research, Physical Therapy Associates of Schenectady has developed a dynamic ACL injury prevention and performance enhancement program tailored to address the unique characteristics of the female athlete. The program will address the following areas:

1. Strength– Emphasis placed on hamstring, quadriceps, gluteal, core strengthening as well as training the quadriceps and hamstrings to work in unison to provide joint stability.
2. Power / Plyometric training– Through jumping and bounding activities, lower body power will be developed as well how to jump and land in a safe and efficient manner.
3. Agility training– Drills addressing speed and quickness will be performed in order to improve reaction times.
4. Muscular and Cardiovascular endurance– Endurance training will be implemented in order to decrease fatigue related injuries.
5. Balance training– Special attention will be placed on single leg balance drills in order to prevent the inward collapse of the knee.



The Female Athlete & ACL Facts

The female athlete is susceptible to ACL injuries because....

- When running, females tend to over utilize the quadriceps muscle (front thigh muscle) and keep their knees straight or even hyperextended. These running flaws place excessive strain on the ACL.
- Research has proven that females take a longer time to recruit the musculature around the knee joint. This results in less joint stability during explosive and quick movements.
- After jumping, females tend to land in a knocked knee position, which stresses the ACL. This is often due to insufficient hip and trunk (core) strength.

A preseason ACL prevention conditioning program has been proven to reduce an athlete's risk for injury by 72%.

Contact us

Feel free to contact us with any questions or concerns via e-mail or phone.

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Visit our web site and enroll on-line:
www.physicaltherapyschdy.com

Physical Therapy Associates of Schenectady

Division of Sports Medicine
&
Performance Enhancement



Physical Therapy Associates Division of Sports Medicine & Performance Enhancement is a team of physical therapists and trainers that specialize in the management of sports related injuries and human performance.

Physical Therapy Associates of Schenectady: ACL Injury Prevention / Athletic Enhancement Program

Athlete's Name: _____

Phone number: (home) _____
(cell) _____

Address: _____

Sport(s): _____

School: _____

Grade: _____

**Instructors: Angelo Zuppa PT, DPT
Cindy LeBel PT, MTC
Daniel Carr CPT**

Method of Payment

- Check
 Visa
 MasterCard
 American Express

Cost:

\$150 per athlete
OR

\$130 if you register with a
friend

OR

\$120 if you register with
two friends

If you are registering with one or two friends please provide their names below in the space provided.

1. _____
2. _____

Credit Card # _____ Exp. date _____

Signature _____

Please mail or fax registration form with payment to

Physical Therapy Associates of Schenectady



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