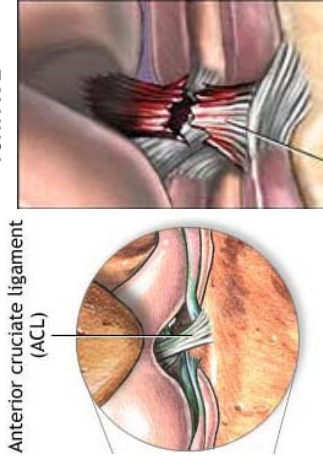


An ACL injury at an early age is a life-changing event. Such injuries often require surgery and/or many months of rehabilitation before an athlete can return to competition. Sadly, regardless of treatment, ACL injuries are associated with a 10-fold increased risk for degenerative knee arthritis. Depending on the sport, women are 2 to 8 times as likely as men to sustain an ACL injury. **1 in 100 high school female athletes will suffer a serious knee injury.** The majority of ACL injuries are non-contact in nature meaning there is no physical contact between athletes when the injuries occurred.

Torn ACL



Anterior cruciate ligament (ACL)

balance and timing of muscle activation around the knee. When landing from a jump or changing direction suddenly, girls tend to demonstrate less activation of the hamstring muscles, less knee and hip flexion, and greater inward collapse of the knees than boys. These poor movement patterns have been associated with a greater risk for ACL injury.

Video Analysis of Jumping



At the beginning of the first training session we video each athlete while jumping and landing using our exclusive software developed by Cincinnati Sports Medicine. Videotaping a depth jump into a vertical jump allows the athlete to see how she is landing; a first step to improving any skill or behavior is to recognize the need for improvement. The software measures the separation between the knees just before the athlete lands, at landing, and at take-off. In addition, it shows the alignment of the

hips, knees, and ankles and the degree of shear forces on the knees.

Injury Prevention Training

Studies have determined proper training can reduce the incidence of serious knee injuries by 62% (Hewett et al. AJSM 1999). We have developed a three-phase progressive program of twelve sessions each. This three-phase program incorporates dynamic warm-up, agility training, mobility training, jump/plyometric training, and strength training.

"The American College of Sports Medicine estimates that 50% of overuse injuries in children and adolescents are preventable."

Overuse Injuries in Children and Adolescents, Physician and Sports Medicine, Vol. 27 No. 1 Jan. 1999

Who Can Benefit From The Program?

Starting your child at an early age is the best way to prevent a devastating knee or shoulder injury. Any child old enough to participate in organized sports (usually 7-8 and up) may participate in these programs. Our programs are not a treatment program for knee or shoulder injuries. Athletes must be fully recovered from any injuries before they can participate.

"Preseason Preparation: The student-athlete should be protected from premature exposure to the full rigors of sport. Preseason conditioning should provide the student-athlete with optimal readiness by the first practice."

The 2005-2006 NCAA Sports Medicine Handbook, p. 6

"Participation in intercollegiate athletics involves unavoidable exposure to an inherent risk of injury."

The 2005-2006 NCAA Sports Medicine Handbook, p.4

The reasons why girls are more susceptible to ACL injury continues to be studied. The most recent evidence has identified gender differences in the

Program Directors

Dr. Steven Horwitz is certified as a Chiropractic Sports Physician, Strength and Conditioning Specialist, and a USA Weightlifting Club Coach. He was selected by the U.S. Olympic Committee as the sole chiropractor for the 1996 U.S. Olympic Team and has traveled internationally with U.S.A. Track and Field. In 1996, Governor Glendening appointed Dr. Horwitz to the Maryland Council on Physical Fitness and Governor Ehrlich appointed him Chairman from 2002 to 2004. In 2004, Dr. Horwitz is the Maryland State Director for the National Strength and Conditioning Association and is a recipient of the Maryland Chiropractic Association's Outstanding Achievement Award and *Washingtonian* magazine has chosen him as one of the area's top sports medicine doctors. He competes in powerlifting and bodybuilding. Dr. Horwitz is the author of the books **YOU CAN BE FIT!, Rotator Cuff Relief, and Golf Fitness Made Easy!** These books are available at www.marylandsportsinjurycenter.com.

Dr. Paul Glodzik is a Certified Strength and Conditioning Specialist and a graduate of the National University of Health Sciences (NUHS). Dr. Glodzik received his B.S. in Exercise and Nutritional Science from the State University of New York at Buffalo. He served as a research assistant in the Nutrition Labs at SUNY and worked in the biomechanics lab at NUHS where he taught students pathology, adjusting, and biochemistry. Dr. Glodzik plays rugby as a U.S. select side player for the Potomac Athletic Club.

1 in 100 female high school athletes will suffer a serious knee injury!

50,000 female high school and college athletes will suffer a serious knee injury!

Are you a parent of a female athlete? Don't let this happen to your child!

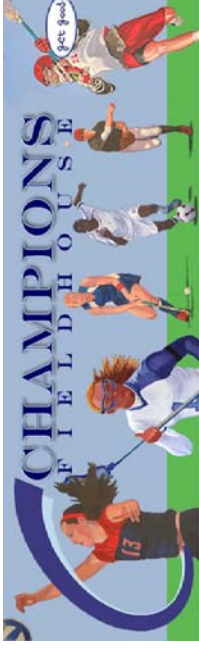
You can find out in 3 minutes if your child is at risk for a devastating injury...

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Champions Sports Performance Institute



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"The function of protecting and developing health must rank even above that of restoring it when it is impaired." Hippocrates