



NEW TRAINING PROGRAM AVAILABLE AT MT. MICHAEL THIS SUMMER!

As a parent, you want the best for your child. You want to give them every opportunity possible, including making them the best at what they do... or the sport they play. A recent article in the Cincinnati Enquirer noted that parents spend, on average, \$6000 per child on fees for sports such as club teams, personal training, camps, clinics, tours and other year-round athletic services for their kids. That's a high price to pay when you considering that your child's athletic participation can come to a sudden stop when an injury occurs.

One of the most well known injuries in sports is the ACL tear. Every sports season you hear about pro, college or local high school athletes who are sidelined with this injury or have come back after the long rehabilitation of this injury. Each year, in the United States, one in 100 high school athletes will suffer a serious, season ending knee injury. In sports involving cutting, jumping, landing, and pivoting, the risk of an ACL tear is even higher. The cost of an ACL injury including reconstruction and rehabilitation, is approximately \$17,000. This does not include the cost of the traumatic effects of the injury emotionally, the loss of scholarships and the effect on the athlete's academic performance.

This "epidemic" injury is what prompted the Cincinnati Sports Medicine group to start developing and researching ACL injury prevention more than 15 years ago under the guidance of one of the leading orthopedic surgeons in the country, Dr. Frank Noyes. The result of their effort is a program called **Sportsmetrics™**.

Sportsmetrics™ is a 6 week training program that emphasized proper jumping, landing cutting and pivoting technique. This nationally known program requires a low ratio of trainers to athletes (1:6) so that each participant receives the training and feedback they need to make the necessary changes to their body's movement patterns to help prevent knee injuries.

The components of the **Sportsmetrics™** program are as follows:

Dynamic Warm Up: Prepares the body for increased activity by increasing blood flow to the muscles and lengthening the fibers of the muscles.

Jump Training: This is the focal point of the program. Here the athlete learns to take off and land correctly with constant feedback and training from the instructor. The jumps are progressive in nature building on each previous phase. Athletes begin with double leg jumping and landing and progressing to single leg control on stable surfaces first and then on unstable surfaces.

Speed and Agility Training: Athletes are trained in proper cutting, pivoting and deceleration with a variety of change of direction and reaction drills that progress in speed and difficulty over the course of the 6 weeks. Again, the athletes are given constant feedback to emphasize power, explosion and correct form.

Strengthening: This is more than your typical weight room program. Strengthening exercises will target the commonly weak areas of hip and core stabilization, but also include other upper and lower extremity exercises. Each athlete will progress according to their strength and control ability with emphasis on form for effective muscle activation.

Flexibility: Proper stretching technique is the emphasis of this portion of the program to achieve optimal length of the muscle fibers in young, growing athletes. Stretching after activity is important when trying to maintain and/or increase strength and avoid injuries due to lack of flexibility.

While no program can prevent all injuries, research has shown that athletes who complete the **Sportsmetrics™** training program show a significant decrease in the incidence of serious knee injuries. ***Community Rehab Physical Therapy*** has found this research so important that we have certified nearly all of our rehab professionals so that they can use this training not only with patients who are rehabilitating a knee injury, but also to help athletes in the communities we serve to prevent these serious knee injuries. Many participants also reap the benefits of increased vertical jump and increased speed and quickness in their sport as they learn how to use their body more effectively.

Community Rehab is partnering with Mt. Michael to offer the **Sportsmetrics™** program at Mt. Michael this summer. As with any training program, the athlete will get out of it what they put into it. However, with a maximum of a 6:1 athlete to trainer ratio, your son will receive the supervision and feedback he needs to be successful with this program, keeping him off the sideline and in the game.

Community Rehab will give a presentation about **Sportsmetrics™** at Parent's Night on the Mt. Michael campus on Wednesday, May 5th at 7:00 p.m. We hope you will attend to find out more about the program and how to register. You can contact Adam at **Community Rehab** with any questions at 289-3288.

