

# **Girls ACL Injury Prevention** **Summer Program**

Conducted by Central Texas Pediatric Orthopedics  
Physical Therapy

Adolescent female athletes are documented to have anywhere from a 4 to 6 times greater risk of injury to the anterior cruciate ligament than male counterparts. Fortunately, research over the past 5-10 years has confirmed that specific evaluation and training programs can help to reduce the rate of injury to equal that of male counterparts.

This summer we will be running a 6 week ACL prevention program for female athletes age 12 to 18. The program is based on current research and is designed to correct flaws in mechanics and neuromuscular control that females often exhibit. The program will run 3 days a week, 90 minutes per session, for 6 weeks from **Monday, June 15<sup>th</sup> through Friday, July 24<sup>th</sup>**.

To help insure proper technique and teaching, the participant to instructor ratio will be approximately 4 to 1 and the program will be supervised by licensed physical therapists. Cost will be \$350 for the 18 session program and includes a pre-participation screening evaluation of each participant.

If you would like further information on this program, other young athlete injury prevention programs, or to sign up, please contact Kevin McHorse, PT at 478-8116 ext. 1106 or [kmchorse@ctpomd.com](mailto:kmchorse@ctpomd.com)