

# ACL Injuries are no joke. When an ACL injury occurs—return to highly competitive sport can take months.



**Northwest Physical Therapy**

*Changing lives... One step at a time*

(located at **F.A.S.T.** ) Is a Certified Clinical Site for

Cincinnati SportsMedicine Research and Education Foundation...

World Leaders in Injury Prevention for competitive athletes.

Program begins June 13th, 2016

Reserve Your Spot NOW!

## ACL Injury Prevention Program

A 6 week program designed for the competitive athlete to improve performance and prevent injury

**Where:** NWPT at F.A.S.T. Ohio

3477 S. Dixie Hwy, Lima, OH 45804

**How:** For Questions: Call Jenna Maag, Doctor of Physical Therapy and Certified Sportsmetrics Instructor @ **419.788.4973**

**What:** A dynamic exercise program designed for around the competitive athlete to prevent injuries to the Anterior Cruciate Ligament (ACL). 6 week program costs \$140. Team discount (5 or more from same school) is 10% off regular rate for each athlete.

**Reserve early as space is limited.**



**Cincinnati SportsMedicine & Orthopaedic Center**

**[www.sportsmetrics.org](http://www.sportsmetrics.org)**

Program consists of 1 hr. sessions 2 times per week for 6 weeks:

Payment in full is due first day of program. Make checks payable to NWPT