

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 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

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