

Sportsmetrics:

ACL Injury Prevention & Performance Training

Sportsmetrics™ is the first and largest ACL injury prevention program **SCIENTIFICALLY PROVEN** to decrease serious knee ligament injuries in female athletes. Developed by **Dr. Frank Noyes** and a team of athletic trainers, physical therapists and researchers, Sportsmetrics™ is not just another plyometric training program. Jumping drills are used to teach the athlete to preposition the entire body safely when jumping landing. The selection and progression of these exercises are designed for neuromuscular retraining proceeding from simple jumping drills to multi-directional, single-foot hops and plyometrics with an emphasis on quick turnover. A solid foundation of strength, coordination and overall physical conditioning is required for athletes to attain their highest potential in their sport-specific skills. **Train with Sportsmetrics™** to reduce your risk of injury AND enhance competitive athletic performance.

<http://sportsmetrics.org/>

Sportsmetrics™ Return To Play was developed for athletes who have already suffered an injury or had knee surgery, to ensure they are ready for return to their sport. Under the supervision of a Sportsmetrics™ certified physical therapist or athletic trainer, the athlete will learn the fundamentals of Sportsmetrics™