



ACL INJURY PREVENTION PROGRAM

BRIEF: Female athletes injure their anterior cruciate ligament(ACL) at a rate 4 to 6 times higher than that of male athletes particularly in soccer, basketball, and gymnastics. Each year 1/100 high school female athletes and 1/10 college female athletes experiences an ACL injury. Current research has shown that the risk of female ACL injuries can be cut by 88% with a properly designed program.

This Program is based on:

The most current research on the preventive strategies
Ruben's 18 years of clinical experience treating ACL injuries
The NCSA and ACSM guideline for strength and conditioning

Components of the 6 week program:

Evaluation to identify neuromuscular imbalances and weaknesses
A needs analysis of the athlete
Proprioceptive and dynamic balance activities
Plyometric training focusing on biomechanically correct movement skills
Critical analysis by the instructor

Cost: \$395

About the instructor: Ruben is a Doctor of Physical Therapy with a Masters degree in Biokinesiology. He is also a board certified orthopedic specialist and recognized by the NSCA as a certified strength and conditioning specialist. His experience conducting biomechanical research while earning his Masters degree at USC and clinical experience has allowed him to develop this unique program.

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