



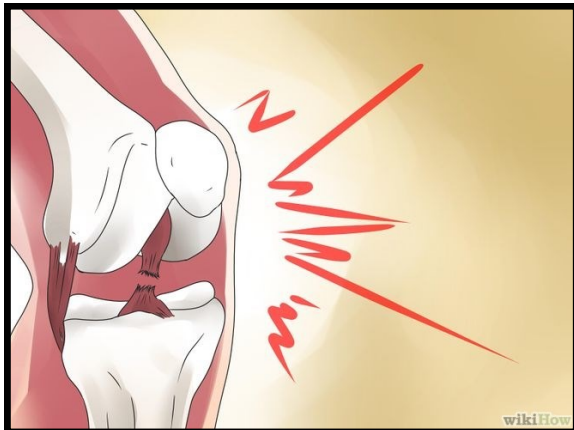
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Knee Injury Prevention for Athletes

Athletic ACL Injuries Are Preventable!!

Did you know:

- Female athletes are 4-10x more likely than males to suffer a knee ligament injury, depending on the sport
- Strength and conditioning, practice, and game play can all increase the risk of injury, if done with poor core and hip mechanics
- These injuries can be prevented with a combination of targeted flexibility, strength, agility and coordination training



Our Knee Injury Prevention Program Can Help!

The Y's Knee Injury Prevention Program is based on scientifically supported methods that can reduce the risk of ACL injuries by as much as 80%!

Please Return Interest Form to the Front Desk

I am interested in registering an athlete for the Knee Injury Prevention Program:

Name:

Contact Phone:

Athlete Name: