

Sportsmetrics™ program is a highly acclaimed, thoroughly researched sports injury prevention and performance program. There is also a **Sportsmetrics™ Return to Play** program, designed for post-ACL reconstruction patients. World-renowned forerunner in Sportsmedicine, Cincinnati Sportsmedicine Research and Education Foundation developed both programs. These programs are for all athletes, but have proven to be extremely valuable for female athletes.

Why are these programs important?

Facts:

- As compared to male athletes, female athletes are 4-6x more likely to tear their ACL (major knee ligament)
- Sports such as soccer, basketball, and volleyball carry the highest risk
- 1/100 high school and 1/10 college female athletes suffer a serious knee injury every year
- Americans suffer 100,000 ACL tears/year
- The cost to rehabilitate an average ACL tear is \$20,000 (includes surgery, MD visits, braces, Physical Therapy, etc)
- Those who have had 1 ACL tear have a 10-20% risk of suffering another ACL tear
- Greater than 2/3's of all ACL tears are non-contact injuries (i.e. jumping, landing, pivoting, etc). These non-contact injuries are preventable through proper training.

Recent research in the American Journal of Sportsmedicine indicates that faulty biomechanics is a major contributory factor in knee injuries amongst female athletes. Sportsmetrics™ is designed to correct the discrepancy in lower extremity biomechanics.

Results after training:

- The risk of ACL tears is reduced 3.6 times in these trained female athletes
- Increased vertical jump up to 4 inches (average increase was 1.5 inches)
- Decreased landing force on knees by 20%
- Improved hamstring/quadriceps strength ratio from <50% to 65%
- Improved knee control/coordination 50%

The **Return to Play** program can be implemented following: (1) at least four and a half months of Physical Therapy post knee surgery, (2) >70-80% strength on injured side, and (3) clearance by the athlete's Physician. The **Return to Play** program is 1 hour and 15 minutes long, 3x/wk for 6 weeks. The program includes pre and post **Return to Play** evaluations. The evaluation is comprised of biomechanical video analysis, hop tests, vertical jump, and flexibility measurements. The program consists of dynamic flexibility warm-up, plyometric training (explosive jump training), core strength training, and static flexibility training. The heart and soul of the **Return to Play** program is the supervised and progressive plyometric training. During plyometric training, close attention is paid to the mechanics of the jumping and landing technique of the athlete. Plyometric training starts with safe low intensity plyometrics, with an emphasis on acquisition of proper form.

Please feel free to call me with any comments or questions. Please feel free to call me with any comments or questions. You can also check out this program at:

http://www.sportsmetrics.net/?page_id=710

Sincerely,

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