

Are your athletes suffering too many injuries? Do you wish you could prevent these injuries? Well, you can.

Sportsmetrics program is a highly acclaimed, thoroughly researched sports injury prevention and performance program. The **WIPP (Warm-up for Injury Prevention and Performance program)** is a condensed version of the Sportsmetrics program designed for utilization during the sports season. 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.

Research in the American Journal of Sportsmedicine indicates that faulty biomechanics is a major contributory factor in knee injuries amongst female athletes. Non-contact knee injuries can be predicted in those with poor biomechanics with 90% accuracy. 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 WIPP program is done daily as part of practice and takes approximately 20-25 minutes to complete. The program will include strengthening, jumping, running, agility, and stretching exercises with emphasis on form to correct any faulty biomechanics. The WIPP program is most beneficial before their sports season starts. This allows the athlete time to acquire the form and strength necessary to compete at a high level with proper mechanics. Also, the athlete is better able to concentrate on the skills of their sport during the season because of a higher baseline conditioning going into the season. Our goal is prevent all non-contact injuries and improve athletic performance.

Please feel free to call me with any comments or questions.

Sincerely,

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