

# Protect Your Knees, Improve Your Performance

ACL injuries are among the most common of all sports-related injuries in the United States. High school athletes can be particularly prone to ACL ruptures or tears, which can occur after jumping with bad form or stopping and pivoting quickly.

To reduce the risk of a season-ending knee injury and improve overall performance, OHSU's Sports Medicine Program is offering a 10-week training program for high-school athletes three times a year. The program is designed to:

- Prevent ACL injuries
- Improve leg strength
- Increase vertical jump
- Enhance flexibility

## Winter 2008 Session

**When:** January 12 - March 15, one-hour classes are held Saturdays at 1 p.m.

**Where:** OHSU Center for Health and Healing  
March Wellness, 2nd Floor Basketball Court  
3303 S.W. Bond Ave  
Portland, Ore. 97230

**Cost:** \$250 for 10-week program

**SPECIAL OFFER:** Participate in a training video being created for the ACL Injury Prevention Program and you may enroll in the Winter 2008 Session for FREE! Individual and team training programs are available.



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Sessions are limited in size, so sign up today! Athletes must be 13 and up to participate. For more information, or to enroll in the Winter 2008 session, send an e-mail to [acl@ohsu.edu](mailto:acl@ohsu.edu).