

ACL Injury Prevention



Feb 9, 2012 at 7:00

Brennan Park

Anterior cruciate ligament (ACL) injuries are extremely common in young athletes. In particular, they have become an epidemic in soccer. Although the ACL can be reconstructed surgically, the long-term consequence of the ACL injury is osteoarthritis of the knee that can eventually be debilitating.

The Triboard Health Care Foundation is supporting an initiative in the Sea to Sky Corridor to help prevent ACL injuries by teaching Squamish soccer players how to warm up with proper movement techniques using an injury prevention program called the Santa Monica Prevention Injury Enhance Performance (PEP) Program.

Please join us on Feb 9th at 7:00 at Brennan Park for a 30 minute presentation to learn more about ACL injuries and this prevention program.

Presenters:

Dr Alex Brooks-Hill

Dr Sally Clark

Dr JP McConkey

Maggie Phillips- Scarlett PT