



ACL Injury Prevention Program

Classes held at:

McKay-Dee Surgery Center and Orthopedics
3895 South Harrison Blvd, Ogden, UT

Part of being an athlete is mastering new skills and abilities, such as endurance, speed, agility, and technical understanding of a sport. As with any activity there is always a risk of injury, which is why effective injury prevention is so critical.

The Intermountain ACL Injury Prevention Program was developed by Intermountain Healthcare professionals to educate coaches, athletic trainers, referees, parents, and athletes about the importance of proper warm-up.

This *free* class provides in-depth training on how to warm up properly using:

- Core endurance
- Neuromuscular control
- Balance
- Strength
- Plyometric
- Agility

All of which are key elements for effective injury prevention.

Call for an appointment at: 801-38SPORT
Cost is Free



**Intermountain
McKay-Dee Hospital**

Healing for life®