

Injuries Are Best Treated By Prevention.

Improve your athletic skills & prevent one of the most common season ending injuries.



Did You Know?...

ACL tears are among the most common types of sports-related injuries, with some 200,000 occurring in the US each year

A program consisting of specific strength training and proper landing mechanics is typically recommended to help prevent ACL tears in athletes.



ACL Injury Prevention Program

Excel's ACL program consists of 12 sessions; each including a warm-up, stretching, plyometrics, and sport-specific agility drills that address common deficits in the strength and coordination of the stabilizing muscles around the knee joint.

Frequency: 2 times per week for 6 weeks

Cost: \$199

Savings: Approximately \$10,000 less than ACL Reconstructive Surgery

Excel

excelpt.net • 660-882-6115

PHYSICAL THERAPY • OCCUPATIONAL THERAPY • FITNESS CENTER