

WYOMING REHAB

2018

Peak Power

The PEAK POWER ACL INJURY PREVENTION PROGRAM

is a performance enhancing program encompassing supervised weight training and plyometric jump training.

This program was developed by the Wyoming Rehab Sports Medicine Team and developed to optimize an athlete's speed, agility, and power, while decreasing the risk of knee injuries.

This challenging program is based on several successful ACL injury prevention programs and is excellent for athletes of all levels.



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Program Requirements

This session of Peak Power is being offered to athletes in grades 6-12. Participants must have had a physical within the past year and must be free of injury or released by a physician.

Session Overview

Each session is four weeks.

Dates

Session I:

June 4th - 29th

Session II:

July 2nd - 27th

Mon., Wed., & Fri.

7:00 am - 8:30 am

Fees

ACL Program - \$70
(Mon/Wed/Fri)

Fee includes
Peak Power T-shirt
received at completion.

Location

Sheridan High School
Football Field
1054 Long Drive

To Register

Contact Eric
at Wyoming Rehab

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674-1632



Sheridan
Memorial
Hospital

WYOMING REHAB

135 North Gould
Sheridan, WY 82801



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Peak Power

ACL Injury Prevention Program

- Improve balance & coordination –
- Jump Higher –
- Perform better –
- Become Stronger –
- improve overall performance –
- decrease risk of serious knee injury –

ABOUT THE ACL

The anterior cruciate ligament (ACL) is the major stabilizing ligament of the knee. The ACL is located in the center of the knee joint and runs from the femur (thigh bone) to the tibia (shin bone), through the center of the knee. In this position, it functions to prevent a buckling type of instability of the knee.

Usually the tearing of the ACL occurs with a sudden direction change or when a deceleration force crosses the knee. The patient often feels or hears a popping sensation, has the rapid onset of swelling, and develops a buckling sensation in the knee when attempting to change direction.