



SHERIDAN MEMORIAL HOSPITAL

Wyoming Rehab

135 North Gould | Sheridan, Wyoming 82801

2019 Peak Power

*Improve balance & coordination -- Jump higher
Perform better -- Become stronger
Improve overall performance
Decrease risk of serious knee injury*

The **Peak Power ACL Injury Prevention Program**

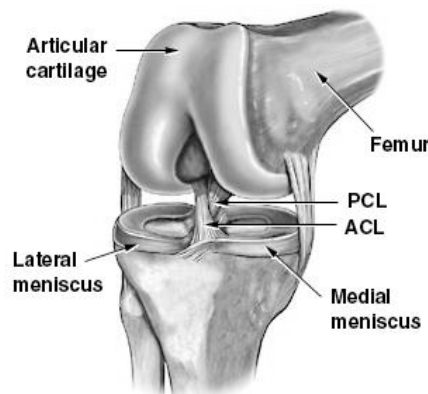
is a performance enhancing program encompassing supervised weight training and plyometric jump training. This program was developed by the Wyoming Rehab Sports Medicine Team to optimize an athlete's speed, agility and power, while decreasing the risk of knee injuries. This challenging program is based on several successful ACL injury prevention programs and is excellent for athletes of all levels.

Program Requirements

These sessions of Peak Power are 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.

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.



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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.

Session Overview

Each session is four weeks.

DATES:

Session I:
June 3rd - 28th

Session II:
July 1st - 26th

Mon., Wed., Fri.
7:00 AM - 8:30 AM

FEE:

\$70 for
4-week session
includes
Peak Power T-shirt
received at
completion

LOCATION:

Sheridan High School
Football Field
1054 Long Drive

REGISTRATION:

Contact Eric
at Wyoming Rehab
ericfrey@sheridanhospital.org

or sign up on
1st day of session
at SHS Football Field

307.674.1632