



NorthShore Rehab Services offers the **ACL Injury Prevention Clinic**

Did you know that every year 1 in 100 high school female athletes will suffer a serious knee injury? NorthShore physical therapists will facilitate a scientifically proven program that can reduce the risk of injury and enhance your performance. The ACL Injury Prevention Clinic, is a six-week jump training program that combines plyometrics, strength training and flexibility for athletes who play sports like soccer, basketball, lacrosse and volleyball that involve pivoting, cutting or jumping. It is designed to help female athletes, ages 12 to 15:

- **Reduce risk of knee injury**
- **Increase jump power**
- **Improve leg strength**

Call **(847) 570-7170** or visit northshore.org/classes (search "Exercise") to register. Space is limited and registration is required, so sign up today!

Date: Every Tuesday and Thursday
June 17 - July 24

Location: Evanston Athletic Club
1723 Benson Avenue
Evanston, IL 60201

Time: 2:00 - 3:30 p.m.

Cost: \$300 per athlete

For: Female athletes,
ages 12 to 15

