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*You CAN  
prevent ACL  
injury*

***"If you have a daughter who is playing basketball, soccer [or other field or court sports], then it is crazy if her team isn't undertaking one of the evidenced based warm-ups targeting lower limb injury prevention."***

British Journal of Sports  
Medicine, October 2008

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**Honsberger Physiotherapy  
and Biomechanics Clinic**

***Contact Us***

For more information regarding team registration, program fees, or other inquiries, please contact one of our offices listed below.



**Honsberger Physiotherapy  
and Biomechanics Clinic**

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675 Cochrane Dr.  
Suite 105  
Markham, Ontario  
L3R 0B8  
Phone: 905-940-2627  
Fax: 905-940-3136

81 Temperance Street  
Markham, Ontario  
L3R 0B8  
Phone: 905-940-2627  
Fax: 905-940-3136

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***ACL Maximum  
Performance  
Program***



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***Optimal Performance  
Through Biomechanical  
Balance***

## *Maximum performance: the advantage of advanced screening*

**Every athlete deserves the opportunity to maximize their potential in sport while minimizing their risk of injury.**

Achieving this goal is possible when biomechanical factors that affect performance are thoroughly screened and addressed. Honsberger Physiotherapy offers athletes the opportunity to stay in the game and pursue their performance goals by identifying factors that may be hindering performance and/or potentially placing the athlete at risk of injury. Our clinical data shows that once these factors are corrected, the athlete is far more likely to achieve their maximum performance potential.

## *Female athletes suffer ACL tears 4-6 times more often than males*

One of the most important areas of concern for young female athletes is the heightened risk of an anterior cruciate ligament (ACL) tear in the knee. Studies show that **female athletes are 4-6 times more likely than males to suffer an ACL tear, with 9 months of rehabilitation required before returning to sport.** This is especially true in high-risk sports such as soccer, basketball and gymnastics.

## *Keeping you in the game*

A number of biomechanical characteristics have been linked to the higher injury rates seen in female athletes, including knee hyperextension, poor jumping mechanics, weakness in the hamstrings, and overpronation of the feet. In fact, **up to 95% of ACL injuries occur through non-contact incidents, with no player-to-player contact.** Research also indicates that there is a greater risk of sustaining an ACL injury during the pre-ovulatory phase of the menstrual cycle, with hormonal fluctuations playing a role.

*The athlete on the left demonstrates poor movement patterning, placing the left knee at risk of an ACL tear.*



## *Enhancing performance, preventing injury – a winning combination*

In 1999, a group of Santa Monica physicians, physical therapists, coaches and athletic trainers developed the Prevent Injury and Enhance Performance (PEP) program. PEP consists of a warm-up, stretching, strengthening, plyometrics, and sport-specific agility training. Each component of the program is designed to enhance performance while targeting factors that are associated with ACL rupture. **Studies show that regular adherence to this program can reduce the risk of ACL injury by as much as 80%.**

## *The ACL Maximum Performance Program*

### *Phase 1 – Body Screening*

A **biomechanical assessment** is performed to identify and address joint alignment and movement characteristics that place the athlete at greater risk of sustaining an ACL injury. **Video analysis** is also performed to note at-risk patterns in jump mechanics. The appropriate individual intervention is then prescribed to minimize injury risk and enhance performance.

### *Phase 2 – Implementation of the PEP team program*

In addition to individual intervention from Phase 1, the team is provided with step-by-step instruction on the PEP program. This includes guidance on the proper performance technique of each component to ensure every athlete reaps maximum benefit from the exercises and drills. Materials are provided which clearly explain how to execute the program independently and ensure team adherence. Our staff will also offer our support periodically throughout the training season to re-evaluate the team's performance and offer constructive feedback on the execution of the exercises and drills.