



Rehab Services at Stoughton Hospital is hosting an ACL Injury Prevention Program to reduce risk of injury in high school athletes.

Dates: Tuesdays and Thursdays, starting 6/26/18 through 8/9/18 (week of July 4th off)

Time: 1-2pm

Location: SWAC, 2300 US Highway 51-138, Stoughton, WI 53589

Cost: \$100

This program is ideal for:

- High school athletes and/or students interested in reducing risk of injury and enhancing sports performance

Program components:

- Pre and post testing of functional strength and movement patterns
- Core and lower extremity strengthening, stretching, and balance training
- Plyometrics, agility, and sport specific movements
- Education and feedback on proper jumping/landing techniques
- Working with physical therapists who can identify muscle imbalances, and teach proper body alignment and control to decrease risk of injury

***Individuals who have a recent lower extremity injury or recovering from lower extremity orthopedic surgery must have medical clearance by a MD or surgeon*

Space is limited, so register today!

If you have any questions, please contact the Stoughton Hospital Rehab Clinic at (608)-873-2292