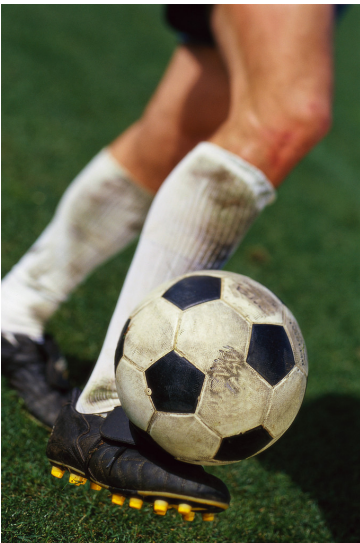


THE ACL INJURY PREVENTION CLINIC WITH P2I



SPECIAL POINT OF  
INTEREST:

- **Studies show that female athletes who have not gone through ACL Injury Prevention training are 3.6 times more likely to sustain an injury than those female athletes who have attended.**

*The Drop-Jump Screening Test,*  
Noyes, Barber-Westin, et. al.,  
2005.

Have you worried about blowing your knee out?

Have your friends or teammates injured their knees and been unable to play?

Did you know that female athletes are significantly more likely to sustain an ACL injury than male athletes?

**The ProActive Performance Institute (P2i) can help you prevent ACL injury!**

The ProActive Performance Institute (P2i) is offering to the TWSL an opportunity to learn critical information that can prevent ACL injuries in male and female soccer players. This clinical workshop, based upon the latest research in ACL injury prevention, will be led by a team of physical therapists, certified athletic trainers and exercise specialists.

**What you will get from the 90 minute clinic:**

Assessments that can provide evidence of an athlete's likelihood for sustaining an ACL injury.

Techniques and exercises that aid in the control of the upper body, trunk and lower body positioning, increase hip and knee flexion, and add muscular strength to prevent future ACL injuries during competitive practices and games.

## 90 MINUTE ACL PREVENTION CLINIC

Learn basic skills on how to prevent ACL injury.

Choose the date of: **August 4** or **August 11**

Time of Clinics: **8:30am–10:00am**

Class Size: Minimum of 5 and Maximum of 20

Place: P2i – 4570 N. First Avenue

*(Just south of River, next to the Rillito Race Track in the Rillito Business Park*

Price: \$25.00 per person

Please come dressed prepared to participate in exercises and training.

Register **TODAY**  
with P2i at  
**293-1456.**

**Deadline for  
registration:  
July 31**

## WANT TO KNOW YOUR POTENTIAL FOR INJURY?

Contact P2i

to schedule a FREE! 15 minute, clinical risk assessment

Available dates: **Tuesdays and Thursdays, 4:00pm-5:00pm**

**Starting July 3**

## YOUR P2I CLINICAL TEAM MEMBERS

**Jon Davison, PT** Physical Therapist for ProActive Physical Therapy and avid member of TWSL. Jon is the Clinical Director at ProActive Physical Therapy's central office. He has 10 years of experience working with athletes of all skill levels and has been a player/team representative in TWSL since 1999.

**Matt Radelet, MS, ATC, CSCS** Exercise Specialist of the ProActive Performance Institute (P2i). Matt is the Clinical Director at the ProActive Performance Institute (P2i). During Matt's 14 year career at the U of A, he implemented programs for injury prevention and acute injury management as well as designed strength and conditioning programs for athletes.

**Dan Bornstein, NASM-PES** Co-Owner/Founder & Executive Director of the ProActive Performance Institute (P2i). Dan's expertise in creating dynamic health and fitness programs has been well noted on [dr.weil.com](http://dr.weil.com), [Tucson Citizen's Body Plus](#), and [KOLD TV News 13's Fitness Friday](#) segments.