



Each year in the US, **1 in 100** female high school athletes will **suffer a serious knee injury**. **180 Physical Therapy** invites YOU to find out how your jumping technique can impact your risk!

Knee ligament injury rates are 2-10 times higher in female athletes than in male athletes.

Get screened for injury risks! Video analysis of the athlete's control of the knee during deceleration and acceleration is one screening test. For the video analysis of jumping mechanics, the athlete is videotaped jumping off a 12" box to the floor and directly performing a maximum vertical jump. Cincinnati Sportsmedicine's **Exclusive Video Analysis Software** provides objective measurements of knee movement during landing and jumping.

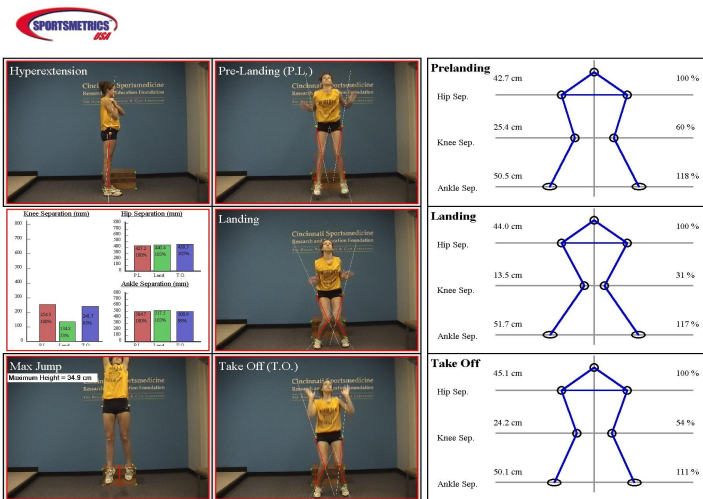
Athletes who exhibit excessive inward motion may be at greater risk to sustain serious knee injuries.

Schedule now for your FREE appointment !!!

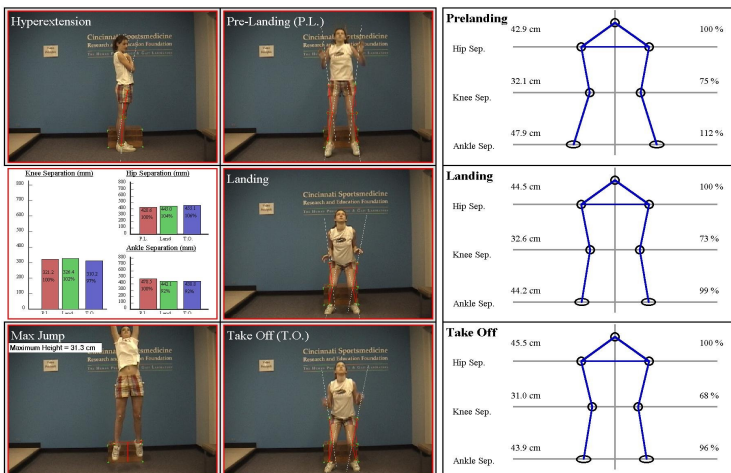
Test takes less than 10 minutes! All that is required is a SIGNED CONSENT FORM from the athletes' parent. Test is offered at **NO COST** on a first come-first served basis. Athletes should be at least 10 years old, and wearing fitted, lycra shorts or leggings. Shoes are required.



Get involved in a training program tailored to correct deficiencies noted in testing. Created under the direction of internationally-renowned orthopaedic sports medicine surgeon, Frank R. Noyes, M.D., **Sportsmetrics™** is the first and only training program scientifically proven to decrease knee injuries in female athletes and to increase muscular power and jump height.



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