

Sports Medicine: High School Programs EXCEL: Building the Athletic Knee

ACL/Knee Program designed to improve core and lower extremity function, utilizing jump-training principles to meet the needs of high school athletes. This approach takes participants through an intense, functional program of education and exercise to prevent season-ending knee injuries while improving overall conditioning, giving each athlete a competitive advantage on the field or court.

Program Objectives

- Improve quad and hamstring strength
- Decrease harmful landings
- Increase vertical jump height
- Improve knee proprioception
- Enhance body control

Program Focus

- Train out injury causing habits
- Strength building of legs
- Jump and land training for improved balance and safety
- Learning the three-step cut to decelerate
- Retrain quads and hamstrings to fire at a more appropriate ratio to reduce strain on the ACL

Program Provides

- Pre and Post Video Analysis Testing of each athlete in vertical jump height and leg press test
- Three times per week, one-hour sessions for six weeks

For more information contact:

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