

FEMALE ATHLETE ACL SCREENING

DMC SPORTS MEDICINE & GREG GRANT BASKETBALL CLUB

Who: Laura Ramus with DMC Sports Medicine Physical Therapists, Certified Athletic Trainers & **Greg Grant Basketball Club**
What : Female ACL / Injury Prevention Screening (Description below)
When: Sunday, March 27, 2011, 1-4 p.m. **Call for appt. 586-336-0360**
Where: Trinity Lutheran School Gym - 45160 Van Dyke, Utica, MI 48317

The DMC Sports Performance Academy is dedicated to building a conditioning program around the athlete, rather than the other way around. This is the same philosophy we use when working with the Detroit Red Wings, Pistons, Tigers and now the **Greg Grant Basketball Club**. *The GGBC has had over 5 players this high school season experience ACL injuries and we take prevention seriously for all players.*

The ACL Assessment Screening is comprised of 8 stations, staffed with DMC certified Athletic Trainers and Physical Therapists lead by Laura Ramus, creator of "Girls Can Jump," and former trainer for the WNBA Detroit Shock. The screening is painless, takes just minutes to complete and at **only \$25** is invaluable to your playing health. Recommended for female athletes of all sports, age 9 years and older.

Your Sports Performance Assessment will closely evaluate the following:

- ⇒ Core and Lower Body Flexibility and Stability
- ⇒ Foot Type (Normal, Flat Foot or High Arch)
- ⇒ Strength
 - a) Quadricep Dominance over Hamstring Strength
 - b) Hip Strength and Control of the Lower Leg
 - c) Right to Left Strength Asymmetries (identifying deficits of > 20%)
- ⇒ Ligament Dominance Test during a jumping maneuver

The categories above have been shown scientifically to successfully identify predisposing factors of weakness or muscle imbalance, which may lead to poor athletic performance and possible injury. The key to successfully conditioning an athlete is to remove all negatives in their movement before you worry about adding resistance, speed or any of the other conditioning fads that are out there.

Within 7-10 days of the assessment, you will be receiving a letter from the Detroit Medical Center Sports Performance Academy. In this letter a complete analysis of your Performance Screening will be outlined. Please take the time to review the information and the recommendations that will be attached.



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DMC Sports Medicine

877-DMC-0018