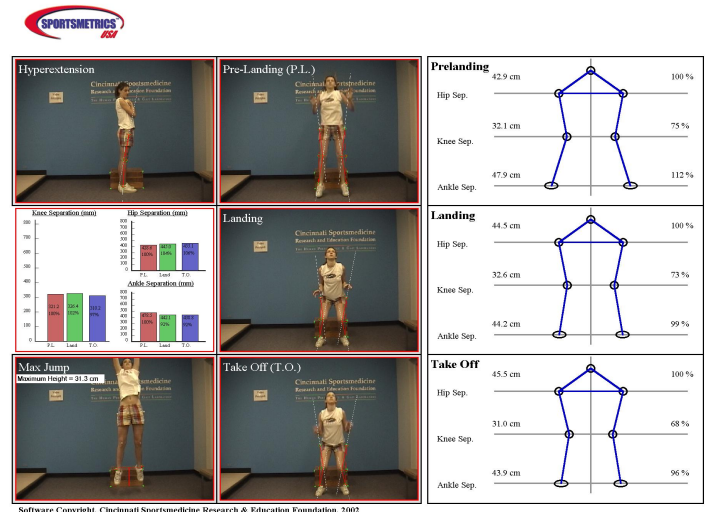
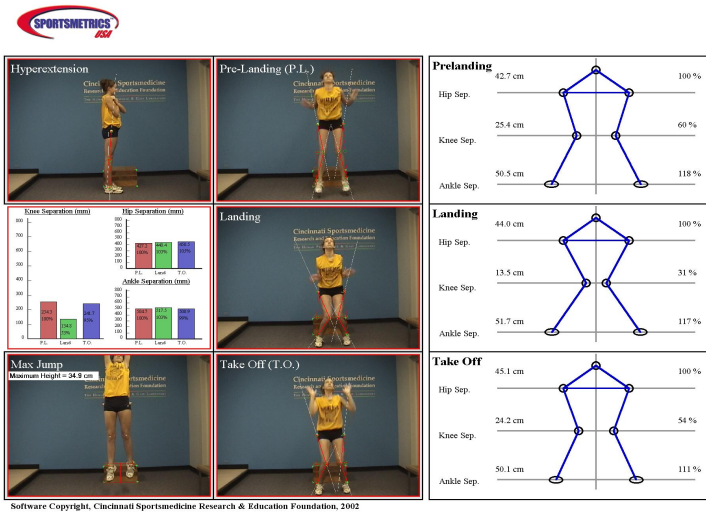


Each year in the US, **1 in 100** high school athletes will **suffer a serious knee injury**.
Genesis Sports Medicine will evaluate and discuss how your jumping technique can impact your risk!

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

Get screened for injury risks and participate in our injury reduction program! 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 Sports-medicine's **Exclusive Video Analysis Software** provides objective measurements of knee movement during landing and jumping. Additional testing will include: single leg function hop tests, vertical jump height assessment, hamstring flexibility assessment and speed/agility assessment

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



Before

After



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. Sessions occur **3 times per week for 6 weeks for approximately 75 minutes each**.

For more information contact any of the following certified **Sportsmetrics™** instructors at **563-332-4422**:

Wendy Volkert, MPT
volkertw@genesishhealth.com

Kathryn Ellsworth, MPT
ellsworthk@genesishhealth.com

Dana Taylor, ATC
taylor@genesishhealth.com

Lori Buresh, ATC
bureshl@genesishhealth.com



*Cincinnati Sports Medicine's **Sportsmetrics™**, the training program scientifically proven to increase jump height and reduce the risk of serious knee injury!*

What is Sportsmetrics™?

Dr. Frank Noyes and the doctors and researchers at Cincinnati SportsMedicine Research and Education Foundation have been leaders in developing programs to ensure athletes play well and stay well. *Sportsmetrics™* is a scientifically proven, six-week jump training program that incorporates proper stretching, special plyometric exercises and weight training. It focuses on **developing overall leg strength** as well as **improving balance in strength** from the front to the back of the thigh. Through specialized progression of jump/plyometric drills, athletes learn **proper techniques for jumping and landing**; increase overall leg strength; improve symmetry in right-to-left leg power and **improve vertical jump**.

Why is Sportsmetrics™ training so unique?

Sportsmetrics™ is not just another plyometric training program. Training proceeds from technique development to performance enhancement with each session building on the previous bout of training. The strength and flexibility components have also been carefully reviewed for safety and effectiveness. Essential to the success of the athlete is the trainer interaction and feedback throughout the program. **Student to trainer ratios are kept at 6 to 1 or better** to ensure that each athlete receives individualized recommendations and attention.

What are people saying about Sportsmetrics™?

Cincinnati SportsMedicine Research and Education Foundation received the Excellence in Research award from the American Orthopedic Society for Sports Medicine. *Sportsmetrics™* has been featured in ***The New York Times***, ***ESPN Wide World of Sports***, ***Health***, and on ***Good Morning***.

What can Sportsmetrics™ do for me?

Get involved in a training program that addresses your needs. Today, 27 years after a federal mandate was enacted to provide gender equity in sports, a new generation of female athletics has emerged. *Sportsmetrics™* is the first program scientifically **proven to decrease knee injuries** in female athletes. Neuromuscular training not only increases muscular power and jump height, but also decreases impact forces at the knee. *Sportsmetrics™* is the program that focuses on the female athlete's needs in training, but *Sportsmetrics™* is not just for females! Males will benefit from developing overall leg strength and perfecting jumping and landing mechanics, too.

Sportsmetrics™ develops strong athletes with good technique to prevent injury and enhance performance.

STAY IN THE GAME WITH SPORTSMETRICS™