



ACL Prevention Program

Mon-Thu 5:00 - 6:00pm

Tues-Thu 10:00 - 11:00 am

199.00/4 weeks

PROGRAM OVERVIEW

The Return to Sport Lower Extremity program is designed to establish a foundation of control while teaching an athlete biomechanical alignment for absorption of force and efficiency of propulsion. This skill set is fundamental to sporting success and achieved through the implementation of science based performance training. This preventative program will help decrease the likelihood of injuries while enhancing the athlete's performance.



COACHES

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- **SPEED**

Proper running mechanics and postural control lead to efficient locomotion and increased speed development.

- **AGILITY**

Being able to stop and change directions quickly and under control is a major factor in avoiding injury.

- **STRENGTH/POWER**

Our strength program is technique driven with an emphasis on power and strength development; while identifying and correcting muscle imbalances.

- **FLEXIBILITY/STABILITY**

Our athletes increase their range of motion while developing stability and control throughout the entire joint range.

- **COORDINATION**

Learning how to jump/land or accelerate/decelerate takes timing and control of the entire kinetic chain of joints.