



ACL 3P Program Prevention. Progression. Performance.

Anterior Cruciate Ligament tears sideline more than 200,000 athletes each year. With ACL 3P, athletes learn how to reduce injury risk, progress through rehabilitation and perform at their highest level.

Prevent. Progress. Perform.

Prevention:

How it works:

- Athlete will work with an Athletico Physical Therapist to strengthen the muscles around the knee, hip and core
- Athletes are asked to demonstrate tasks that include jumping, landing and other sport specific movements

Benefits:

- Enhances agility, strength and mobility
- Identifies and improves biomechanical flaws
- Individualized, injury reduction plan is established

Progression | Post-Surgical Treatment:

How it works:

- Following surgery, athlete begins rehabilitation with a physical therapist

Benefits:

- Decreases post-operative swelling and stiffness
- Progressively enhances range of motion
- Strengthens muscles around the knee, hips and core

Performance | Post-Surgical Treatment:

How it works:

- Enters into this sport-specific stage when athlete passes entry level criteria such as:
 - Single leg hops
 - Dynamic hip stability

Benefits:

- Incorporates sport-specific drills/activities
- Functional movements allow the athlete to wean back into sport
- Athlete safely returns to play with proper biomechanics
- Criterion-based vs. time-based

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ATHLETICO
PHYSICAL THERAPY

For more information, call 877-ATHLETICO (284-5384) or athletico.com to schedule a free assessment* available in-clinic or online.

*Per federal guidelines, beneficiaries of plans such as Medicare, Medicaid, Tricare, VHA and other federally funded plans are not eligible for free assessments.