

Gateau Physical Therapy and Sports Medicine
presents

ACL Injury Prevention Program

for the female athlete



Gateau Physical Therapy and Sports Medicine's goal is to provide for all of your physical therapy needs. With the ACL Injury Prevention program, we deliver a valuable service that limits the number of knee injuries sustained by female athletes while improving the athlete's overall performance.

"A serious ACL injury can be physically and emotionally devastating for an athlete. The amount of time it takes to recover from the injury and rehabilitate the ACL often means that entire seasons are lost and athletic careers are substantially altered"

*-Brianna S. Weaver
Head Women's Soccer Coach/ P.E. Coordinator
St. Mary's College of Southern Maryland*

GPT

Gateau Physical Therapy
& Sports Medicine

"Professional Treatment with Personal Care"

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**For more information on how to
arrange a program for your team
or small group or to sign up for
one-on-one training sessions, call
Ellie Sweum, PTA at
301-862-5177 or
elliesweum@gmail.com.**

Who can benefit:

- Middle School, High School, and College female athletes
- Female athletes from all sports (especially, but not limited to soccer, field hockey, basketball, volleyball)
- Anyone who wants to decrease their risk of knee injury while improving their performance

The Program:

- 2x per week for 6 weeks
- Plyometric, agility, strengthening, flexibility, and balance
- Technique training

Scheduling:

- Individual training at Gateau Physical Therapy and Sports Medicine in Lexington Park
- Team training or small groups at your school