



Each year in the US, **1 in 100** female high school athletes will **suffer a serious knee injury**.
Santa Rosa Orthopaedics invites YOU to find out how your jumping technique can impact your risk!

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

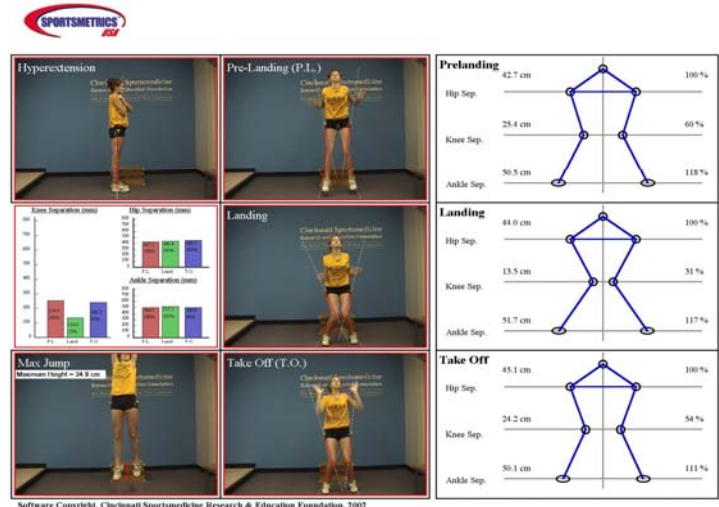
Get screened for injury risks! Video analysis of the athlete's control of the knee during deceleration and acceleration is one screening test. For the video analysis of jumping mechanics, the athlete is videotaped jumping off a 12" box to the floor and directly performing a maximum vertical jump. Cincinnati Sportsmedicine's **Exclusive Video Analysis Software** provides objective measurements of knee movement during landing and jumping.

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

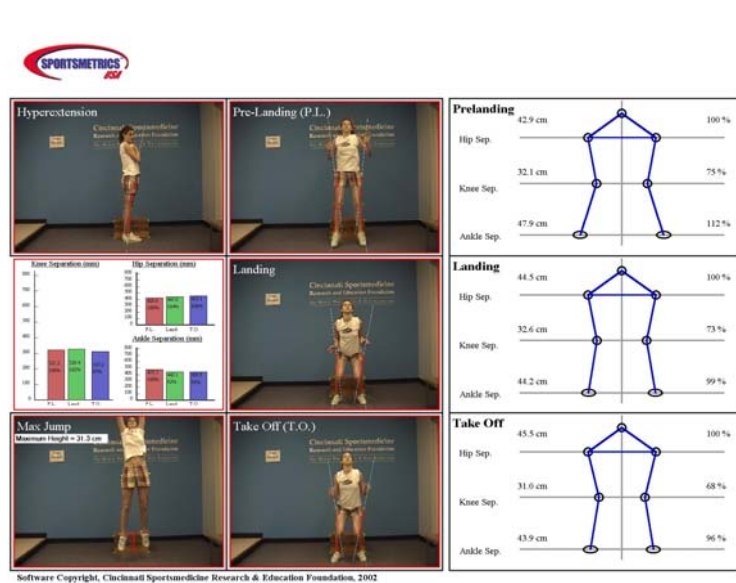
Santa Rosa Orthopaedics, Sports Medicine and Rehabilitation is coming to Empire Tryouts at SSU to conduct this important screening!

Empire VB Screenings in 2008 Available at Tryouts

Test takes less than 10 minutes! All that is required is a SIGNED CONSENT FORM from the athletes' parent if under 18 years old. Athletes will be dressed in workout clothing. Shoes and shorts are required.



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.



Santa Rosa Orthopaedics, Sports Medicine, and Rehabilitation
 131 B Stony Circle, Suite 2000
 Santa Rosa, CA 95401
 Phone 546-1922 Sports Med Hotline 522-5404
www.srortho.com

Injury Prevention & Performance Enhancement: Sportsmetrics™
 the foundation upon which great athletes will be built.

Injury Evaluation & World-Class Treatment:
Cincinnati SportsMedicine & Orthopaedic Center
the leaders in sports medicine.

SPORTSMETRICS™ IS COMING SOON TO Empire Volleyball BE LOOKING FOR DETAILS!