



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.

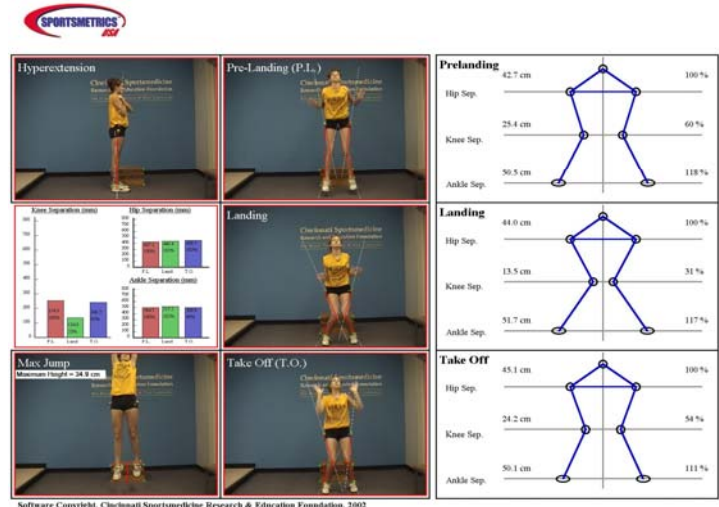
Get screened for injury risks! Video analysis of the athlete's control of the knee during deceleration and acceleration is one screening test. For the video analysis of jumping mechanics, the athlete is videotaped jumping off a 12" box to the floor and directly performing a maximum vertical jump. Cincinnati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

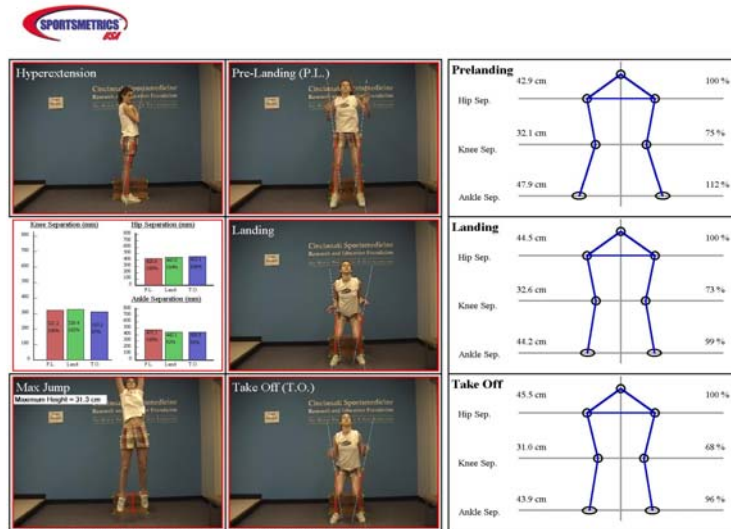
Santa Rosa Orthopaedics, Sports Medicine and Rehabilitation is providing this screening as part of the **SportsMetrics Core Training Program!**

Empire VB Core Training program available in January 09

The SportsMetrics core training program will be performed at SSU in conjunction with Santa Rosa Orthopaedics and Empire Volleyball. This training program will be provided two days per week for six weeks. Each one hour training session is rapid paced with multiple activities that are designed to improve balance as well as strengthen hips, knees, shoulders and core.



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.



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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!