



**D&D SPORTS MED**  
DENTON • SANGER • AUBREY

# ACL and Injury Prevention Training Program

Every athlete has seen or knows  
someone that has torn their ACL..

- There are at least 200,000 ACL injuries reported each year
- Females are 3 times more likely to tear their ACL by non-contact movements such as cutting, planting, and landing from a jump.

**Don't become a statistic!!!**

At **D&D**, our ACL and Injury Prevention Program includes:

*The American  
Academy of  
Pediatrics*  
recommends  
training programs  
to reduce the risk  
of ACL tears

1. Initial Assessment (value = \$100)
  - Functional Movement Screen
  - Power, Strength, and Flexibility assessment
2. Training Program (value = \$800 @ \$40/visit)
  - 10 week program
  - 2 visits per week or 20 sessions (1 hour per session)
3. Exercise and Injury prevention education
  - Educational information on exercises, drills, and proper technique.
4. Post-program Evaluation (value = \$100)
  - Functional Movement Screen
  - Power, Strength, and Flexibility assessment

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