

## Knee Rehabilitation, Injury Prevention & Sports Performance Program

Each year in the U.S., 1 in 100 female high school and 1 in 10 female college athletes will suffer a serious knee injury.

### Recent research has shown the following:

- Female athletes are at higher serious knee injury risk than men (2 to 10 times)
- 2/3 of all ACL injuries are non-contact
- 62% of ACL injuries are accompanied with meniscus (cartilage) tears
- Patients with partial meniscectomy (surgical removal of cartilage) are likely to experience osteoarthritis (7-10 years later)
- Knee injury rate is increased by 23-30% after experiencing an ACL tear



To help avoid a knee injury, aid with your knee rehabilitation, or improve sports performance, train with our SPORTSMETRICS™ certified trainer Fabrice Rockich, D.P.T., O.C.S., C.S.C.S. (certified by Cincinnati SportsMedicine).

*Don't become a statistic!*

### What is SPORTSMETRICS?

SPORTSMETRICS is a scientifically proven, 6-week jump-training program that incorporates proper stretching, special plyometric exercises and strength training. SPORTSMETRICS focuses on developing overall leg strength as well as improving balance in strength from the front to the back of the thigh.

Through specialized progression of jump and plyometric drills, athletes learn proper techniques for jumping and landing, and increase overall leg strength. Dr. Frank Noyes and the physicians and researchers at Cincinnati SportsMedicine Research and Education Foundation have been leaders in developing programs to ensure athletes play well and stay well.



*Stay off the sidelines!*

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### Why use SPORTSMETRICS?

SPORTSMETRICS is not just another plyometric training program but an overall encompassing approach tailored to each athlete.

### This unique program includes:

- Video evaluation and specialized computer software analysis of lower extremity mechanics during jumping and landing
- Identification of potential biomechanical knee injury risk factors
- Implementation of a progressive jumping program that develops strength and flexibility
- Skilled trainer interaction and feedback which is essential to the success of the athlete

### Video Analysis

A detailed video analysis is completed prior to the program to identify potential injury risk factors. The same analysis is performed at the conclusion of the 6-week training program to demonstrate the improvements in jumping/landing mechanics and the benefits of the program.



*Pre program analysis*



*Post program analysis  
(6 weeks later)*

### Proven program benefits:

- Reduce the risk of serious knee injury by 75%
- Increase vertical jump height, up to 4 inches
- Improve overall leg strength, power and flexibility
- Improve hamstrings-to-quadriceps strength and symmetry in right-to-left leg power
- Improve landing mechanics and reduce side-to-side movements at the knee

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### Is SPORTSMETRICS right for you?

This program is flexible and applies to athletes, coaches and groups alike.



*Improve your strength and maximize your power.*

### Specifically if you are:

- Recovering from ACL reconstruction surgery
- Interested in reducing the risk of a knee injury by 75%
- Wanting to improve overall sports performance
- Looking to increase strength, agility, flexibility and jumping ability
- Interested in a thorough physical evaluation to identify potential injury risk factors

Coaches, small groups and entire teams can train and benefit from this program together at OPTM Saratoga.

### Return to Play Program

This program is implemented with individuals rehabilitating from ACL reconstruction surgery and prepares them for their return to the field and court. Individuals that have torn their ACL are 23-30% more likely to re-injure their ACL or injure their other knee; Return to Play will help to reduce this risk.



*Avoid the 23-30% chance of reinjury.*

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### SPORTSMETRICS In The News!

Since receiving the Excellence in Research Award from the American Orthopedic Society of Sports Medicine both SPORTSMETRICS and Cincinnati SportsMedicine have been featured by:

- ESPN
- Good Morning America
- Wide World of Sports
- New York Times



### Why OPTM Saratoga?

Fabrice Rockich, D.P.T., O.C.S., C.S.C.S., has been certified as a Strength and Conditioning Specialist since 1999, and is Board Certified as an Orthopedic Specialist. He is skilled at identifying strength and flexibility deficits and faulty biomechanical movement patterns that can be addressed in a training program tailored specifically to each individual.

To schedule a consultation with Fabrice, or for additional information, call OPTM Saratoga at 408-973-7700.



*Be a champion with OPTM Saratoga!*