

SPORTSMETRICS

ACL Reconstruction Return-to-Play Program

Did you know?

The repeat injury rate after having ACL reconstruction surgery is between 15 to 30 percent. Studies show that participating in a structured neuromuscular training program can reduce the risk of non-contact ACL injury or re-injury. Sportsmetrics is a program designed to evaluate and address common deficiencies resulting in an increased risk for ACL injury or a re-injury.

What is a Sports Injury Test?

The Sports Injury Test examines an athlete's strength, agility, balance and lower limb alignment for landing in order to detect deficiencies and identify athletes who may have an increased risk of ACL or other knee ligament injuries. The test is administered by a specially-trained physical therapist and interpreted by using Sportsmetrics software and data. Having a Sports Injury Test performed prior to returning to your doctor for your 6-month surgical follow-up can help the physician determine your readiness to return to athletic competition.

Who can benefit from a Sports Injury Test?

Athletes who have had ACL reconstructive surgery at least 6-months ago or athletes recovering from serious knee ligament injury who want to return-to-sport can benefit from the Sports Injury Test.

How can physical therapy help?

If your Sports Injury Test reveals deficiencies that could put you at risk for knee injury, physical therapy can help by addressing these areas to improve your strength, agility, power and form. Your physical therapist will instruct you in the Sportmetrics program which is scientifically proven to reduce the risk of serious knee ligament injuries.



LOCATIONS

- 1 Indianapolis Campus**
5255 E. Stop 11 Road
Suite 301
Indianapolis, IN 46237
(317) 528-5800
- 2 Beech Grove**
2030 Churchman Ave.
Suite B
Beech Grove, IN 46107
(317) 528-8572
- 3 Southport**
610 E. Southport Road
Suite 101
Indianapolis, IN 46227
(317) 780-5855
- 4 Mooresville Campus**
1201 Hadley Road
Suite 101
Mooresville, IN 46158
(317) 831-9333
- 5 Plainfield**
315 Dan Jones Road
Suite 140
Plainfield, IN 46168
(317) 837-4700
- 6 Carmel Campus**
12188-B N. Meridian St.
Suite 230
Carmel, IN 46032
(317) 705-4640
- 7 Downtown CityWay**
426 S. Alabama Street
Suite 200
Indianapolis, IN 46225
(317) 528-6804

