

Services

Sportsmetrics

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Did you know?

- Knee ligament injury rates are 2-10 times higher in female athletes than in male athletes.
- A torn ACL can sideline an athlete for 6-12 months

Serious knee injuries are sidelining athletes at an alarming rate, with over 100,000 anterior cruciate ligament (ACL) injuries in the United States each year. Most of these injuries are non-contact injuries occurring in sports such as soccer, basketball, and volleyball that involve pivoting, cutting or jumping, and female athletes are five times more likely to sustain an ACL injury compared to their counterparts.

In an effort to combat the increasing number of ACL injuries, Fremont Therapy offers the Sportsmetrics program. This program is designed to educate athletes on proper jumping and cutting mechanics and to build strength to prevent knee injuries. It is specifically designed to help athletes:

- Significantly reduce the risk of serious knee injury
- Increase vertical jump height by an average of 10%
- 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

Why is this training unique?

Sportsmetrics™ is NOT just another plyometric training program. The program is designed and structured to progress technique development to performance enhancement.

- Supervising clinicians include a Certified Athletic Trainer and a Physical Therapist, both of whom are certified in SportsMedicine as Certified Sportsmetrics Trainers.
- Athletes are supervised throughout every session, from the warm-up to the concluding stretches. Student-to-trainer ratio is higher than 6 to 1, so each athlete receives individualized recommendations and attention based upon the results of the Sports Injury Test.
- Each athlete has a training log to chart training progress and also receives the Sports Injury Test Report, both pre- and post-training, to see improvement.

Sportsmetrics™ classes meet three times per week for six weeks under the supervision of a trained therapy staff member. The program incorporates a dynamic warm-up, plyometric training, strength training and flexibility. Video analysis of an athlete's jump is performed at the beginning and end of the six-week session to mark progress and to help the athlete better visualize technique.

Since receiving the Excellence in Research award from the American Orthopaedic Society for Sports Medicine, Sportsmetrics™ in Cincinnati SportsMedicine have been featured in the New York Times, on ESPN, Wide World of Sports, and Good Morning America.

For more information on the Sportsmetrics Program call Fremont Therapy Group in Rawlins 307-370-9175, Riverton 307-370-9175 or in Lander at 307-332-5240.

Spring 2020: Our Rawlins location is offering free motion screening for athletes by our Sportsmetrics Certified Instructor, Jennifer McFarland, M.S. Ed., LAT, ATC, CSMS, ITAT

- **ATHLETES WHO EXHIBIT EXCESSIVE INWARD MOTION MAY BE AT GREATER RISK TO SUSTAIN KNEE INJURIES.**

This test takes less than 10 minutes! All that is required is a SIGNED CONSENT FORM from the athletes' parent. There is NO COST on a first come-first served basis. Athletes should be at least 10 years old, and wearing fitted, lycra shorts/leggings and athletic shoes.