

“FREE” CORE ASSESSMENT



STRONG CORE

LESS INJURY

- The highest incidence of ACL injury is the 15-25 year old athlete

- Females are **4** times at risk for ACL injury vs. males

Guilford Orthopaedic is committed to addressing the RISK factors such as:

- improper landing strategies
- improper muscles firing patterns
- proprioceptive and balance deficits

According to the *American Journal of Sports Medicine* Athletes with less trunk/core control had a higher risk of knee injuries especially anterior cruciate injuries (ACL)

A CORE ASSESSMENT IS THE WAY TO SCREEN THE ATHLETE FOR THESE RISK FACTORS, CALL US TODAY.

336-235-4501

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