The ACL Workshop:
A state of the art prevention and rehabilitation program

Saturday, November 7, 2009

Featuring talks by
Tim Hewett
Mark Paterno
Kevin Ford
The ACL workshop is a day dedicated to the prevention, training, and rehabilitation of athletes who are at risk for ACL injuries. The world-renowned team at the Human Performance Laboratory in the Sports Medicine Biodynamics Center will detail the latest prevention programs for female athletes. We will utilize state-of-the-art 3D motion analysis to teach athlete screening techniques. We will also teach neuromuscular training methods that focus proper core and knee control and landing techniques. To see a full agenda and faculty list please visit www.cincinnatichildrens.org/sportsmed

Course Description:
Cincinnati Children’s Hospital Medical Center is nationally recognized as a leader in pediatric health care with a reputation for excellence in patient care, research and medical education. This seminar is designed to update health care professionals on the newest advances in injury prevention and rehabilitation training for female athletes.

Learner-Based Objectives:
Upon completion of this course, the participant will be able to:
1. Identify common mechanisms of ACL injuries in athletes.
2. Implement a screening program to identify athletes with high risk for ACL injury
3. Develop evidence based knee injury prevention programs
4. Effectively manage rehabilitation after ACL reconstruction in athletes with a focus on short and long term outcomes.

Location
The seminar will take place at the Medical Education and Resource Center (MERC) at 619 Oak Street. Maps and directions may be downloaded from www.cincinnatichildrens.org.

Target Audience:
The target audience for the seminar includes, but is not limited to: physical therapists and physical therapist assistants, athletic trainers, strength and conditioning specialists and physicians. Coaches working specifically with female athletes will also benefit from attending.

Continuing education has been applied for by the following organizations: OPTA, NSCA, NATA
Please call for more details.

The ACL Workshop
November 7, 2009

Registration: Please Print Clearly
Name: ______________________________________________________________
Address: _____________________________________________________________
City: ______________________ State: ________ Zip:___________
Phone: ____________________________________
Email: ____________________________________
Organization: _______________________________________________________
Professional Field: ___________________________________________________
Payment Method:  Check Credit Card Mastercard Visa American Express
Card Number:_________________________________________________________
Expiration Date:_______________________________________________________
Signature:____________________________________________________________

Please return registration form along with payment to:
Tiffany Evans
Cincinnati Children’s Hospital Medical Center
MLC 10001
3333 Burnet Avenue
Cincinnati, OH 45229-3039
Fax: 513-636-6374
Phone: 513-636-1246

Registration:
$225—Health Care Professionals
$250—Physicians