

ACL PROGRAM



WHAT IS AN 'ACL'?

ACL stands for anterior cruciate ligament. It is one of four main ligaments stabilizing the knee joint.

WHAT IS THE ACL PROGRAM AT MADONNA PROACTIVE?

A three phase program suitable for injury prevention or post-rehabilitation. Our ACL program is designed to identify those at risk of ACL injury or re-injury, evaluate movement patterns and provide an individualized program. The program objectives are to improve form, strength, power and performance.

WHAT ARE THE THREE PHASES OF THE PROGRAM?

Screening: 30 minute session consisting of 10 assessments to identify whether an individual is at low, moderate or high risk of ACL injury or re-injury.

Evaluation: 45-60 minute session with 5-10 assessments to identify specific weaknesses, imbalances, neuromuscular patterns and movements could be improved.

Training Program: 8 or 12 week individualized program to improve form, strength, power and performance.

- 8 weeks is recommended for prevention programs.
- 12 weeks is recommended for return to sport/activity program.

HOW IS THIS PROGRAM DIFFERENT FROM OTHER ACL PROGRAMS?

It is an individualized, comprehensive program developed collaboratively by physical therapists, certified strength and conditioning specialists, exercise physiologists and personal trainers. It is an outcome driven program with performance measures to track progress. Screening and evaluations include video analysis. All phases can be scheduled for an individual or a team.

WHERE DOES THE PROGRAM OCCUR?

- Screenings can occur on-site at Madonna Wellness Club or requested to occur off-site.
- Evaluations and training programs occur at Madonna Wellness Club

WHAT IS THE COST?

There are individual prices for each phase of the program, some starting as low as \$50. Select discounts are provided when combining phases together. Team discounts are available for sport teams screenings.

HOW TO REGISTER AND SCHEDULE?

To register, call Madonna Wellness Club's Fitness Manager at 402.413.4012. Each phase can be scheduled for an individual or a team. Availability is subject to provider schedule.

ACL tears are one of the most common injuries in the United States, impacting over 100,000 people every year. To prevent injury or re-injury, it is important to maintain strength of the surrounding muscles, address imbalances and move properly. Madonna Wellness Club's team can provide guidance and support for this.