

# ACL Injury Prevention Program

## ACL Injury Prevention

No one wants an ACL injury. Ankle sprains and injuries to the knee, particularly ACL injuries (anterior cruciate ligament) are common in young athletes. Be proactive and meet with a Kootenai Clinic certified athletic trainer. Our trainers use the **Functional Movement Screen (FMS)** system to help athletes play to their strengths and work on their weaknesses.



**FMS** tests seven fundamental movement patterns that are key to identifying your functional movement quality. The process provides a reliable baseline to improve your performance and recovery.

- 1 Get Screened** - We will determine your current level of movement quality.
- 2 Correct Patterns** - Apply custom programming to improve your movement baselines.
- 3 Move Better** - Train at a higher level, return to activity faster post rehab, and enjoy a better quality of life.
- 4 Prevent Injuries** - Prevent sport injuries using a validated injury prediction algorithm.

To schedule your screening, call: (208) 625-6698

- Initial Consultation: \$75
- Follow-up: \$50



**Kootenai Clinic**

kh.org

2.15.19

# Meet Our

## Certified Athletic Trainers



**Dave Andrews, PT, OCS, SCS, ATC,  
LAT, MTC, CSCS**

Board Certified Orthopedic and Sports Clinical Specialist  
Diplomate, American Board of Physical Therapy Specialties

Post Falls High School Athletic Trainer



**Maria Aparicio, LAT, ATC**

Coeur d'Alene High School Athletic Trainer



**Samantha Bourassa, LAT, ATC, FMSC**

Post Falls High School Athletic Trainer



**Steve Jessup, MA, ATC/L, PTA**

Coeur d'Alene and Lake City  
High School Athletic Trainer



**Beven Rich, MA, ATC, LMT, CES**

Lake City High School Athletic Trainer