ACL Injury Prevention

No one wants an ACL injury. 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.

Trainers will come to a practice or off-site location and test an entire team (10 or more athletes). For team pricing and to schedule your screening, please call: (208) 625-6698
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