

# ACL Injury Prevention Program

## 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



KootenaiClinic

kh.org

5.24.19

# 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