

You're invited to our ACL injury prevention clinic

Female soccer and basketball players are 4 to 10 times more likely to sustain an ACL injury than a male players.

Much scientific research has been conducted over recent years in showing how to **FIND** "predicting factors" of non-traumatic ACL injuries.

These injuries can be PREVENTED with the correct system of:

- 1) Finding the area of physical limitation
- 2) Correcting it before the knee becomes injured.

Clinic Highlights:

- o Awareness of ACL injuries
- o How they occur
- o How to prevent them
- o What are the options if the injury occurs
- o Assessment of common causes of the injury
- o "One on one" time with a sports doctor



Where:

On your field of choice

Date:

Call to schedule a time for the whole team

Cost:

FREE for the whole team

Contact:

Dr. Sebastian Gonzales DC CSCS ART®
(714) 392 - 6482

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Orange County Pain Management has been working with athletes from golfers to runners over the past 5 years.

"By providing Active Release Technique®, as well as more conventional forms of treatment, we are able to get our athletes back on the field FAST!"