

McFARLAND CLINIC PHYSICAL THERAPY ACL 3P PROGRAM



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Anterior Cruciate Ligament (ACL) tears sideline more than 200,000 athletes each year. The ACL 3P program combats this statistic by teaching athletes how to reduce risk of injury, progress through rehabilitation and perform at their highest level. Attached to this letter is an athlete report card from the risk assessment. Please contact your McFarland Clinic Physical Therapy ACL 3P location to discuss results.

McFarland Clinic's ACL 3P is sport-specific and includes:

- Y Balance Test
 - Assesses dynamic hip stability and balance
 - Asymmetries or a composite score below 89% increases the risk for a non-contact lower extremity injury
- Single Leg Squat
 - Assess leg strength
 - Athletes should squat at least 60 degrees while maintaining good spinal position and balance without their knee dropping into a "knee-knocked" position
- Jumping and Leaping Motions
 - Assesses landing mechanics
 - Looking for a strong support base, good hip/knee flexion angle and glute recruitment
- Cutting Mechanics
 - Assess stress on plant leg and overall base of support
 - Athletes should cut inside their base of support on a bent knee and explode in the direction of the target

Moderate to High Risk Athletes (Score 0-10):

A follow-up screen is recommended with one of our ACL 3P Specialists after the initial team screen to discuss findings and develop an individual treatment plan.

Services not available at every location. **Contact us by calling 515-956-4970.**

Report Card Scoring

- 3 | proper movement patterns
- 2 | mild movement flaws
- 1 | poor mechanics with the ability to perform
- 0 | pain or instability

Overall Results

- 11-15 | low risk for non-compact ACL injury
- 7-10 | moderate risk of injury
- 0-6 | high risk of injury

Did You Know?

- 72% of athletes who participate in a preventative program reduce their risk of injury
- ACL is the main stabilizing ligament of the knee
- Up to 1 in 60 high school athletes tear their ACL every year
- Surgical costs alone average around \$28,000
- Average ACL rehabilitation time is 6 months
- Female athletes are up to 7 times more likely to tear their ACL than male athletes



McFarland Clinic

Physical Therapy
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Extraordinary Care, Every Day