



Knee Injury Prevention and Female Athlete Health Program

Thank you for your interest in making your patients healthier through injury prevention and education, as well as proper rehabilitation of knee and ACL problems. We have attached information for you and your patients:

- A Sport-specific information sheet for you for ACL and injury prevention
- An anatomical description of the ACL and its function, for patient education
- A sample exercise sheet that your patients can do for ACL prevention, and knee rehabilitation from tendonitis, patellar dysfunction, ITB syndrome and general LE weakness

We offer comprehensive physical therapy and rehabilitation for both pre- and post-surgical ACL. We can prepare the patient's hip, knee, lower extremity and core for post-surgical inactivity, leading to faster recovery times and increased post-surgical strength. We provide full post-surgical rehabilitation, including acute management, progressive, active, and return to sport-specific activity. We also offer sport-specific training through the Get Fast Inc./Acceleration program, which trains anaerobic and aerobic strength, lower extremity power, speed, jump height, and plyometrics. The full package results in an athlete that is biomechanically proper from therapy and sport ready from post-rehabilitation training.

We look forward to the opportunity to serve your patients, make them healthier and more prepared athletes, and most of all, offer the best team-medical care possible to the area. We have 8 convenient locations throughout the suburbs with therapists and hours

Please contact us with any questions that you may have. We are available through both phone and email.

Thank you,

Gina Pongetti, MPT, MA, CSCS and Steve Roth, ATC
OccuSport Physical Therapy – Female Athlete Knee Health Program