



Roaring Fork Valley Anterior Cruciate Ligament (ACL) Injury Prevention Program

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Aspen Sports Medicine Foundation & Aspen Orthopaedic Associates



The Aspen Sports Medicine Foundation is currently working with the physicians of Orthopaedic Associates of Aspen & Glenwood, and local physical therapists to provide The Roaring Fork Valley Anterior Cruciate Ligament (ACL) Injury Prevention Program. This program is developed and designed after the latest research in the field of sports medicine shown not only to dramatically decrease ACL and knee injuries, but to also enhance overall athletic ability and performance.

Starting in the fall of 2006 our program has been offered to Aspen Middle School and Aspen Valley Ski & Snowboard Club student athletes during preseason training to equip these young athletes with the tools and knowledge to prevent ACL injury. This six week neuromuscular training program is designed for those who are interested in lessening their chances of knee injury as well as for those who are interested in attaining a higher level of athletic performance. Throughout this six week program we evaluate each participant to examine

changes in their muscular strength and form. During each session, trained physical therapists and athletic trainers guide participants through specific exercises while evaluating technique and strength.

We live in a unique community with a large number of competitive and recreational athletes of all ages who participate in a variety of sports with potential for ACL and knee injuries. Our aim in providing this program is to ensure that athletes gain injury prevention knowledge and training to decrease the number of ACL injuries in our community. To learn more about The Roaring Fork Valley ACL Injury Prevention Program and opportunities to participate please contact Andrew I. Larson, Aspen Sports Medicine Foundation, Director of Research at (970) 925-3646.

Roaring Fork Valley Anterior Cruciate Ligament (ACL) Injury Prevention Program – Added to Aspen Middle School Physical Education Curriculum

The Aspen Sports Medicine Foundation and the physicians of Aspen Orthopaedic Associates are continuing to provide The Roaring Fork Valley Anterior Cruciate Ligament (ACL) Injury Prevention Program. This program is developed and designed according to the latest research in the field of sports medicine, which has shown not only to dramatically decrease ACL and knee injuries, but to also enhance overall athletic ability and performance. We are proud to announce that we will be introducing the program into the physical education curriculum in the Aspen Middle School during the spring semester of the 2009-2010 academic year. We are currently working with other area school to try and expand to program and build it into the curriculums of other local schools.