

Stay in the **GAME**  
with **Sportsmetrics™**



**PROGRAM  
STARTS:  
Feb. 12th**

**Sportsmetrics™ is an ACL injury prevention training program that is scientifically proven to decrease the risk of severe knee ligament injuries in young female athletes**

It is easy to get caught up in the race to make your child the fastest and strongest in their sport, however suffering a knee injury can create a significant setback. Take charge with Sportsmetrics™ so your number one athlete can get stronger, jump higher, run faster, and stay injury free!

Mid-Tennessee Bone and Joint Physical Therapy, in conjunction with Game Time Sports & Training, is now the exclusive sponsor and provider for this dynamic Sportsmetrics™ program in Columbia.



**Serious knee ligament injuries** sustained by female athletes during sports participation have reached epidemic proportions: *female athletes are two to ten times more likely to suffer non-contact knee injuries as compared to their male counterparts. Annually, one in 100 high school and collegiate female athletes will sustain a serious knee ligament injury.* These injuries require extensive rehabilitation and usually surgical reconstruction. The majority of these athletes lose an entire athletic season and suffer lower academic performance and class attendance as a result.



## The PROGRAM



Training Provided By



- Program consists of:
  - Sports Injury Pre-Test
  - Sportsmetrics™ Program > Six Weeks (18 Sessions)
    - > 3 Sessions Per Week
- Components of each session:
  - Dynamic Warm-Up
  - Jump Training
  - Strength Training
  - Agility and Speed Training
  - Flexibility
- Sports Injury Post-Test

**18 sessions including pre and post assessment for vertical jump and speed/sprint.**

Sportsmetrics™ has been featured in the New York Times, USA Today, ESPN and ABC's Wide World of Sports.

**\*DATES: 2/12 - 3/23 (6 weeks) Mon/Wed/Fri**

**\*TIME: 3:30 - 5:00 \*COST: \$75 per athlete**

**\*LOCATION: Game Time Sports & Training**

**\*Register Today at: <http://mtbjpt.com/sportsmetrics>**



1050 N. James Campbell Blvd.  
Suite 110 First Floor  
Columbia, TN 38401

Phone: 931.560.1400  
Toll Free: 800.552.2663  
Website: [www.MTBJ.net](http://www.MTBJ.net)