

Mike Castania, PT, MS and Dina Traficante, MSPT have worked with Laura Ramus, PT, ATC, developer of the GIRLS CAN JUMP program to bring it to the Sports Training Physical Therapy clinics.

They are proud to bring this highly-specialized program to the female athletes in NJ.

As a leader in the field of adolescent injury rehabilitation, Sports Training continues to offer scientifically sound programs in educating and training the young athlete. GIRLS CAN JUMP is beneficial towards reducing ACL injuries through proper training, while also enhancing athletic performance on the field or court.

Please contact Maureen at (973) 467-7976 to learn more about this program



GIRLS CAN JUMP!

Learn to increase athletic performance & decrease knee injuries in the female athlete



Add increased jumping ability for basketball, soccer, volleyball or any sport. Train like the professionals - only at Sports Training Physical Therapy

Girls Can Jump Program



The Girls Can Jump training program is designed to increase athletic performance &

teach proper jumping/landing techniques to minimize risk of knee injuries. ACL injuries in female athletes often occur as non-contact injuries. Female athletes typically show quad dominance which stresses the ACL & weakness of the hamstrings & glutes which work to help protect the ACL.

Our program is broken down into the evaluation, strength training and jump training. Each program is tailor-made for each athlete, not a canned program. Each athlete will progress at their own pace to ensure that each phase of training is mastered, this will increase athletic performance.

Scary Fact:

This year, in the United States alone, an estimated 250,000 people will tear their anterior cruciate ligament. Roughly, 70 percent will be non-contact injuries. The vast majority will be among women age 15 to 25.

Helpful Fact:

In 2000, the Journal of the American Academy of Orthopedic Surgeons published the findings of a study group convened to look at non-contact ACL injuries. They cited four categories of risk factors for these injuries: environmental, anatomic, hormonal, and biomechanical. Of these, only neuromuscular training programs were noted as showing potential to decrease ACL injuries.

Every female athlete must be taught how to jump, land, cut and complete their athletic activity in a better position so that the knee is not placed in a position of risk for injury.

PLAY HARD



PLAY SAFE



TRAIN RIGHT



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