

MCO

McHENRY COUNTY ORTHOPAEDICS, S.C.

Keeping Bodies in Motion

MCO's Center for Sports and Fitness Enhancement is offering **FREE** ACL Injury Prevention Training

Female athletes are 8 times more likely to suffer an ACL injury than male athletes. Our **ACL Injury Prevention Training** is designed to decrease the risk of ACL injury in both males and females – while improving fitness levels and optimizing performance. MCO physical therapists and certified trainers will teach the safe and proper mechanics of running, jumping, pivoting and landing. Athletes ages 10 and up are encouraged to come join our **FREE ACL Injury Prevention Training** in our state-of-the-art facility.

To register for the **FREE** **ACL Injury Prevention Training**
Call **815. 788. 2000**



mobility health human spirit