



Miami Children's Hospital
Jump for Return to Sports™

305-278-5967 • <http://www.mch.com/JumpForReturnToSports>

Facts about anterior cruciate ligament (ACL) injuries:

- Approximately 250,000 to 300,000 individuals per year sustain a complete tear of their ACL.
- After ACL surgery, as many as one in four athletes will suffer a second ACL injury.
- Secondary knee injuries such as meniscal tears and osteoarthritis occur at a greater rate in individuals with a history of ACL injury or surgery
- ACL injury can require extensive rehabilitation with physical therapy as well as surgical reconstruction. After surgical reconstruction of the torn ACL, athletes will require anywhere from 12 to 16 weeks of physical therapy with continued strengthening, and suspension of sports activities for up to 10 to 12 months.
- Research has shown that participation in a neuromuscular training program can effectively reduce the risk of re-injury in the athlete.

What is the Jump for Return to Sports™ program?

The Jump for Return to Sports™ program is based on neuromuscular training and its effectiveness in reducing the risk of ACL injuries in athletes.

This six-week program incorporates a dynamic warm up; neuromotor training; and plyometric, agility and resistance training exercises. The program focuses on increasing overall leg strength, improving balance and agility, and jump form/mechanics with emphasis on safe techniques.

What can the Jump for Return to Sports™ program do for me?

Decrease impact forces at the knee.

Reduce the risk of non-contact knee injuries.

Increase power for improved sport performance.

How does the Jump for Return to Sports™ program work?

Prior to starting the program, each athlete will participate in a pre-training assessment. Small group sessions are offered to facilitate safe return to sports activities after lower extremity injury or surgery. Trainer-to-student ratios are maintained at one trainer to 8 athletes or less, to ensure that each athlete receives individual attention for safety and proper exercise technique.

The goal of Jump for Return to Sport™ is to increase the athlete's strength, power, agility and confidence to help reduce the risk of re-injury to the lower extremity.

Upon completion of the program, each athlete will participate in a post-training assessment and individual review session.

The program consists of the following components:

- Dynamic warm up
- Neuromotor training
- Pre- and post-training assessments
- Jump training
- Agility and speed training
- Strength training
- Individual review upon completion of program

The Return to Sports Performance Program Team

Our team of physical therapists are experts in the care of the young and growing athlete at the professional, collegiate, high school, middle school, recreational and club level. The team will partner with the athlete's parents, orthopedists, pediatricians, coaches and athletic trainers to optimize performance in sport.

Research

The Jump for Return to Sports™ program is based on the current best evidence and continuously updated research for neuromuscular training to prevent knee injuries ensuring that the program is always up to date. The interdisciplinary team works together to provide the most advanced care and support for athletes patients and their families.

How do I sign up?

For more information about this program or to sign up, please contact our Rehabilitation Services Office Coordinator, Angela Orozco at (305) 278-5967 or email angela.orozco@mch.com. <http://www.mch.com/JumpForReturnToSports>

Scan with your smartphone for more info.

