

Simplified ACL Prevention Program

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Ascension Michigan Sports Medicine

Together Dr. Marshall and Dr. Dekker have developed a short, easy ACL prevention protocol to be seamlessly implemented into your current pre-season and in-season workouts during the warm up sessions each day. There are a variety of ACL prevention protocols available, but many are far too intrusive and take too much time to implement. This current program is meant to be easily implemented for all players on the team to maximize involvement in the program and focus on the main areas for ACL prevention including hamstring flexibility, quad/hamstring/hip abduction strength to overall improve knee stability and landing mechanics.

In order to maintain in contact and evaluate progress, please be in close contact with your trainer and please keep the following contacts to call us at any time to evaluate if you sustain an injury during your season, we will make sure to have you evaluated ASAP if an injury occurs.

Contact numbers:

Rochester: 248-659-0190

Shelby: 586-254-2777

Website:

www.NateMarshallMD.com