

Prevention of Knee Injuries in Female Athletes – “Cover Your Knees”

Female athletes are three times more likely than their male counterparts to injure their knees.

“Cover Your Knees” is a special program Aug. 25 to teach girls, their parents and coaches about preventing knee injuries. The program includes an overview of anatomy and risk factors, physical assessments for attending athletes as well as a participatory warm-up and conditioning program. Teams are welcome; parent or coach must accompany athlete. Appropriate for ages 10-18.

Presenting

Dr. Richard Stockelman
Colorado Springs Orthopaedic Group

Kristin Novak, PT
Colorado Sport & Spine Center

Lisa Broekhuis, CTRS
Mary Harrington, CSCS
Penrose Prevention and Wellness Services

Vickie Leiber, PT, ATC
Penrose Rehabilitation

To register or for additional information:

719-776-3605

Date: Aug. 25
6 – 8 p.m.

Cost: \$5.00

Location: Julie Penrose Health Education and Research Center, North Care Building, St. Francis Medical Center Campus, 6071 E. Woodmen Rd., Colorado Springs, CO 80923

