


The Lurie Children's Institute for Sports Medicine offers the
Knee Injury Prevention Program (KIPP®),
a neuromuscular training program designed to reduce the risk of
anterior cruciate ligament (ACL) injuries among female adolescent athletes.



Each year in the United States more than
20,000
high school girls
suffer serious sports-related knee injuries



In fact, girls are up to
6 TIMES MORE LIKELY
to injure their anterior cruciate ligament (ACL) than boys in similar sports

Research shows that the KIPP warm-up significantly reduced:

ACL
injuries by
82%

Knee
sprains by
70%

Ankle
sprains by
62%

Lurie Children's Institute for Sports Medicine offers
KIPP FOR GIRLS,
a neuromuscular training program
for female athletes ages 10–21

KIPP FOR COACHES

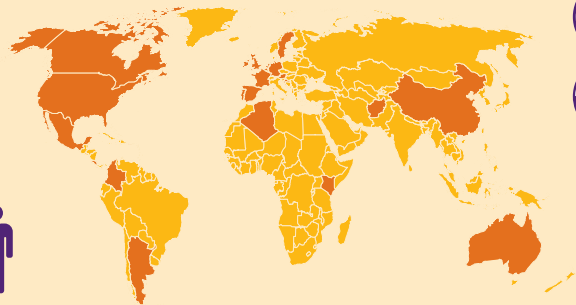
A **FREE** online training program to help coaches reduce the risk of ACL tears and other lower-extremity injuries in female athletes



KIPP FOR GIRLS SIX-WEEK NEUROMUSCULAR TRAINING PROGRAMS are offered throughout Chicago and the suburbs to help reduce girls' risk for sports-related knee injuries



Over **1,300** people from **24** countries



have completed the Lurie Children's
KIPP FOR COACHES online training program

For more information, e-mail
kipp@luriechildrens.org
or call **312.227.6190**.

Source: Pediatrics and Adolescent Medicine, Effect of Neuromuscular Warm-up on Injuries in Female Soccer and Basketball Athletes in Urban Public High Schools; Cynthia R. LaBella, MD; Michael R. Huxford, MEd, ATC; Joe Grissom, MPP; Kwang-Youn Kim, PhD; Jie Peng, MS; Katherine Kaufer Christoffel, MD, MPH; Northwestern University, on November 8, 2011.