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.

Research shows that the KIPP warm-up significantly reduced:
- ACL injuries by 82%
- Knee sprains by 70%
- Ankle sprains by 62%

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.

Lurie Children’s Institute for Sports Medicine offers:
- 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, a neuromuscular training program for female athletes ages 10–21.
- 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 Kauer Christoffel, MD, MPH; Northwestern University, on November 8, 2011.