

# Successful Knee Injury Prevention

Statistically speaking, two-thirds of serious knee injuries (ACL tears) occur without contact during a sport; typically the injuries occur in situations that require dynamic control, balance and lower extremity and core strength.

At Drayer Physical Therapy Institute, our goal is to significantly lower these numbers in our communities. It is for this reason that the Successful Knee Injury Prevention (SKIP®) program was researched and developed by Drayer's own, Bill Johnson, DPT, OCS, Area Manager in Virginia.

SKIP sessions are performed twice a week for six weeks. Exercises progress in three phases, each one building on the one before.

**Each two-week phase includes:**

- Dynamic flexibility/warm-up
- Strength training
- Jumping and plyometric exercises and progression
- Static stretches and partner stretches

## Hilton Head SKIP Training Sessions:

- For ages 13-19
- Sessions will take place at **Hilton Head Christian Academy (55 Gardner Dr., HHI, SC 29926)**
- Cost of Program is **\$70.00**  
(Checks payable to Drayer Physical Therapy Institute and due at time of first class)
- Sessions take place **Tuesdays & Thursdays from 8 AM - 10 AM**

**Program Start Date:** Tuesday, June 12, 2018

**Program End Date:** Thursday, July 19, 2018

**Initial Assessment Date:** June 7, 2018

**End Assessment Date:** July 26, 2018

**\*\* Parents are asked to attend the first session for introductions and explanation of the program**

*If you are interested in signing up, please contact Sarah Kraushar via phone at 843-681-5640 or e-mail [skraushar@drayerpt.com](mailto:skraushar@drayerpt.com)*



## S.K.I.P. Successful Knee Injury Prevention

### S.K.I.P Successful Knee Injury Prevention Program at Drayer Physical Therapy Institute

The S.K.I.P program consists of highly-specific training sessions. Each participant should attend twice a week for 6 weeks. During these sessions, we develop your child's speed, agility, quickness, strength and power, with emphasis placed on proper jumping, landing and "cutting" techniques.

#### 14 Session Program Outline



#### Evaluation

1 Session  
Athletic Assessment & Video Analysis



#### Workouts

12 Sessions (2 days per week for 6 weeks)  
Includes focus on flexibility, jump training, speed, agility, quickness, strength, core and conditioning



#### Final Testing

1 Session  
Athletic Re-assessment & Video Analysis

### Program Cost

- » \$70 for complete 12 Session Program
- » 10% discount for team registration of 8 or more players