

**Training Programs Available for  
Individuals, Groups, Teams, and  
Recreational Athletes of All Ages.**

**Sportsmetrics - Performance**

Custom designed for each sport. Programs can be performed in the athlete's environment.

- Football
- Volleyball
- Basketball
- Soccer
- Tennis
- Cross Country/Track
- Baseball/Softball
- Cheerleading
- Gymnastics

**Sportsmetrics - Return to Play**

Designed for athletes who have already suffered an injury or had knee surgery, to ensure they are ready to return to sport.

**Sportsmetrics - WIPP**

Warm-Up for Injury Prevention and Performance Appropriate for pre-season conditioning and in-season practices.

*The Sportsmetrics training for McLeod Sports Medicine staff was made possible by a grant from the McLeod Foundation through the generous contribution of donors.*

# McLeod

## Sports Medicine

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# Sportsmetrics™

# McLeod

## Sports Medicine

*EACH YEAR 250,000 ATHLETES  
WILL BE SIDELINED BY A KNEE  
ACL\* INJURY IN THE U.S.*

*DON'T SPEND THE SEASON ON THE SIDELINE...*

### What is Sportsmetrics™?

Sportsmetrics is a sports performance training program scientifically proven to reduce the risk of knee injury while increasing your athletic ability. It is the only scientifically proven program that reduces the risk of knee injury, increases jump power and improves leg strength. Sportsmetrics also helps athletes improve symmetry in right-to-left leg power, enhance leg strength from quadriceps to hamstrings, and increase vertical jump height.

Six-week jump training program held three days a week for:

- Dynamic Warm-Up
- Plyometrics/ Jump Training
- Strength Training
- Speed, Agility and Conditioning
- Flexibility Exercises

**McLeod Sports Medicine is dedicated to injury prevention through our Sports Performance Programs. Sportsmetrics offers the only program that retrains athletes to successfully jump and land. Sportsmetrics can reduce the risk of non-contact ACL tears.**

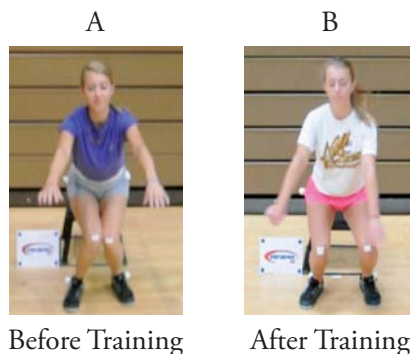
\* The Anterior Cruciate Ligament (ACL) is the primary stabilizer of the knee.

### Sportsmetrics can:

- Prevent Injuries
- Maximize Athletic Potential
- Improve Explosive Power, Strength, and Agility
- Build Endurance
- Increase Vertical Jump

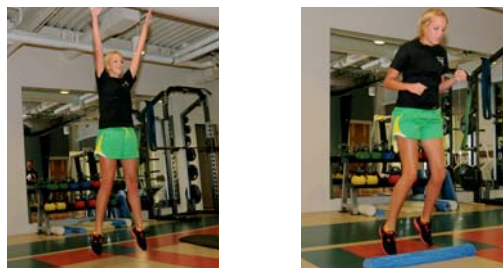
### Before and After Training:

Athletes who have exhibited excessive inward knee motion (Picture A) may be at a greater risk of serious knee injuries.



Sportsmetrics training works to decrease the inward knee motion (Picture B).

### Training Exercises:

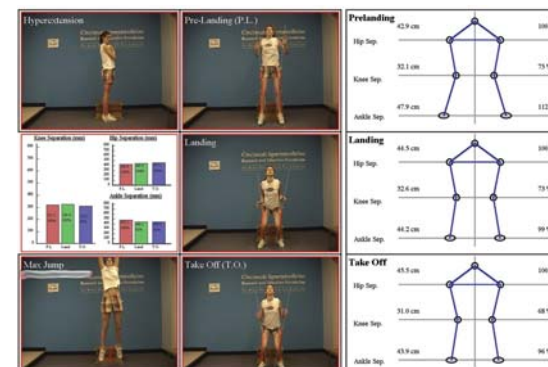


### What's Included:

- Six-week training with a certified instructor
- Pre- and post-video analysis of knee movement during jumping and landing
- Training log to track progress

### Video Analysis:

Showcases the athlete's control of the knee during deceleration and acceleration and also provides an objective measurement of knee movement during jumping and landing. A full detailed report is provided to each athlete as shown below.



Sportsmetrics is available through McLeod Sports Medicine. Please contact Dave Stoklosa, MS, ATC, CSCS for more information. (843) 616-8235 [dstoklosa@McLeodHealth.org](mailto:dstoklosa@McLeodHealth.org) [www.McLeodSportsMedicine.org](http://www.McLeodSportsMedicine.org)