

KIPP[®]

Knee Injury Prevention Program

Did you know that teenage girls are up to 8 times more likely than boys to suffer a serious knee injury while playing sports that involve jumping or pivoting? [The Institute for Sports Medicine](#) at Children's Memorial Hospital is pleased to offer a [Knee Injury Prevention Program \(KIPP\)](#) for female adolescent athletes. KIPP is a seven-week neuromuscular training program designed for girls between 12 and 18 years of age. By teaching girls to recognize unsafe knee positions and to improve muscle control of knee motion, KIPP aims to reduce the risk of knee injuries, build fitness, and enhance athletic performance. The seven-week program consists of two classes per week with each class lasting one hour. Detailed information and enrollment forms are available at www.childrensmemorial.org/sports or by calling the Institute for Sports Medicine at 773.327.1201.

June 20 - August 8, 2011
Mon/Wed 6:30 - 7:30pm
(No class on Monday, July 4)

North Shore Racquet Club
2860 Old Willow Road
Northbrook, IL 60062
(847) 729-0450

For more information
773-327-1201

www.childrensmemorial.org/sports



The Institute for Sports Medicine is comprised of a team of specialists with expertise in the treatment and prevention of the sports-related injuries and medical conditions unique to children and adolescents.