

High Plains Physical Therapy Is A Certified Clinical Site For Cincinnati SportsMedicine And Education Foundation - World Leaders In Injury Prevention For Female Athletes



What is it?

Sportsmetrics is a scientifically proven, 6 week jump training program that incorporates proper stretching, specialized plyometric exercises, and strength and agility training. This program was designed by Dr. Frank Noyes and his team of doctors and researchers at the Cincinnati SportsMedicine and Orthopaedic Center to specifically reduce the risk of ACL injury and improve athletic performance in the female athlete (male athletes can benefit from this program as well).

Why is it important?

- Every year, 1 in 100 high school and 1 in 10 collegiate female athletes suffer a serious knee injury.
- There are 250,000-300,000 ACL injuries that occur in the U.S. alone each year.
- The incidence of ACL injuries is 5x higher in females than males.
- Majority of injuries are non-contact in sports such as volleyball, basketball, and soccer.

How to sign up?

- High Plains Physical Therapy is 1 of only 2 sites in West River and 1 of only 5 in the state of South Dakota that offer Sportsmetrics certified instruction
- Call 605-348-9530 or stop by 614 East Blvd, Rapid City, SD 57701 to sign up!
- Once signed up you will be contacted with regards to a schedule.



(See reverse for cost, program benefits, and examples of ongoing research regarding the success of Sportsmetrics)

How much does it cost?

- Cost varies based on desired program
 - Basic Jump Program (Recommended if already performing strength and agility training independently)
 - \$350 for 6 week program
 - 1 pre-test session, 1 post-test session
 - 18 sessions, 45 min each
 - Essential to perform strength and agility training or validity decreases
 - Jump, Strength, and Agility Program
 - \$450 for 6 week program
 - 1 pre-test session, 1 post-test session
 - 18 sessions, 1 hour, 30 min each

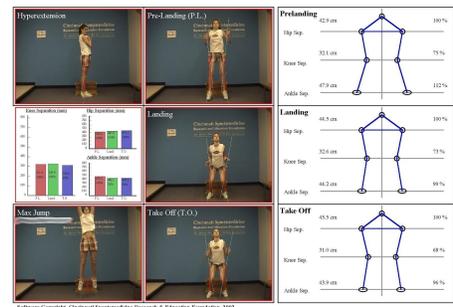
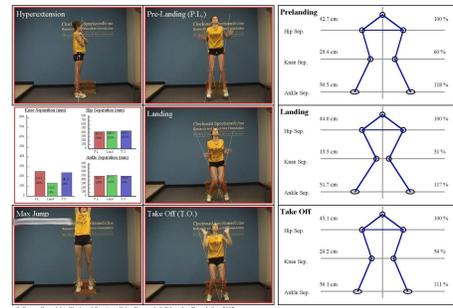


What are the benefits of the program?

- Decreased risk for injury
- Improved vertical jump
- Improved sprint time
- Improved VO2 Max
- Improved Single Leg Hop Distance
- Improved agility

The Cincinnati SportsMedicine and Orthopaedic Center has been monitoring High School athletes over the last 5 years:

- 409 athletes that were Sportsmetrics trained
- 842 athletes that were untrained
- Exposures (opportunities for injuries/games)
 - 23,953 trained
 - 48,836 untrained
- Noncontact ACL Ruptures
 - 1 trained
 - 12 untrained
- **Trained ACL injury rate is 0.04/1000 exposures**
 - Very low risk



Disclaimer:

Results of the program may vary based on past medical history and current/previous comorbidities. This program does not guarantee that an ACL injury will not occur however there is strong empirical evidence that shows the significant reduction in occurrence of ACL injury after participating in this program.

About the Instructor:

Originally from Lodi, California, Dr. Jason Beilstein first came to Rapid City in 2006 on scholarship to play football at the School of Mines, which he did for four years. After graduating, Dr. Beilstein chose to advance his education and received his Doctorate of Physical Therapy from George Fox University in Newberg, Oregon in 2015. Both during and after his playing days, Dr. Beilstein has been involved with coaching the next generation of athletes, which he has done at the middle school, high school, and collegiate level. Dr. Beilstein has been a certified Sportsmetrics instructor since April, 2017.

