Each year, an estimated 300,000 individuals sustain a tear to the anterior cruciate ligament (ACL) in the knee joint. The ACL is crucial in providing stability to the knee during sporting activities such as running, jumping, cutting, and pivoting. An ACL tear will result in loss of a full season, school time, and possibly a scholarship or entire sporting career. Female athletes are 4-8 times at risk of an ACL injury compared to male athletes.

**WHAT is the importance of Sportsmetrics**

- **300,000 ACL injuries per year in the US**
- **50%** of all ACL patients will suffer additional damage to the knee joint
- **75%** ACL patients will incur damage to the articular cartilage, leading to further arthritis
- **20-30%** of athletes will suffer a repeat ACL injury

**THE ISSUE**

- **2.5 MILLION** Girls who participate in high school sports
- **$25 THOUSAND** Cost of ACL injury per individual
- **$5 BILLION** Cost of ACL injury in the US per year

**Did you know**

Statistically, 76 out of 100,000 girls and 47 out of 100,000 boys aged 10 through 19 will suffer an ACL injury each year.

**Sportsmetrics is making a difference**

- **22%** Decrease in peak landing forces after Sportsmetrics training (AJSM 1996)
- **10%** Increase in mean vertical jump height after training (AJSM 1996)
- **50%** Decrease in knee adduction and abduction moments after training (AJSM 1996)
- **88%** Risk reduction after training (Arthro 2014)
- **26%** Increase in ham-quad muscle peak torque ratio after training (AJSM 1996)
- **33%** Increase in normalized knee separation distance in Sportsmetrics trained athletes (AJSM 2005)
- **44%** Increase in hamstring muscle power after training (AJSM 1996)
- **75%** Decrease in abnormal limb symmetry (<85%) after Sportsmetrics (Sports 2013)

**American Academy of Pediatrics Statement:** “Pediatricians and orthopedic surgeons who work with schools and sports organizations are encouraged to educate athletes, parents, coaches, and sports administrators about the benefits of neuromuscular training in reducing ACL injuries and direct them to appropriate resources.”

Over 20 years ago, Dr. Frank Noyes and the researchers at the Noyes Knee Institute developed Sportsmetrics, a scientifically proven neuromuscular training program designed to build overall leg strength and improve balance, stability and body mechanics during jump/land tasks. Since the program was established, over 25 studies have been published proving the effectiveness of the Sportsmetrics program.