



Sportsmetrics Center for the Female Athlete

OUR PLATFORM



The Center for the Female Athlete is a collaborative between Cincinnati SportsMedicine Research & Education Foundation, the Noyes Knee Institute, & Mercy Health



Our team is composed of physicians, physical therapists, athletic trainers, sports dietitians, sports psychologists, and exercise physiologists.



Who will benefit?
✓ High Performance Female Athletes
✓ Recreational Female Athletes
✓ Injured Female Athletes
✓ Post-op Female Athletes

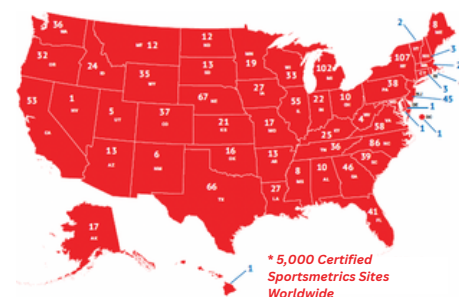
PROGRAM COMPONENTS

- Sportsmetrics Injury Prevention Training
- Neuromuscular Objective Testing
- Nutrition Education & Support
- Hormonal Health Education & Support
- Behavioral Health Education & Support
- Orthopaedic Health Education & Support
- Human Performance Assessments & Training



OUR STORY

Sportsmetrics™ is the first and largest ACL injury prevention program SCIENTIFICALLY PROVEN to decrease serious knee ligament injuries in female athletes. Developed by Dr. Frank Noyes and a team of athletic trainers, physical therapists and researchers, Sportsmetrics™ is not just another plyometric training program.



SPORTSMETRICS

PROGRAM BENEFITS

- 88% Risk reduction after training
- 75% Decrease in abnormal limb symmetry
- 50% Decrease in dangerous knee moments
- 44% Increase in hamstring muscle power
- 22% Decrease in peak landing forces
- 10% Increase in mean vertical jump height

OUR MISSION

Our mission is to EMPOWER FEMALE ATHLETES by providing the information, resources and training to perform at their highest level of peak health and wellness and free of injury using the nationally recognized Sportsmetrics program.

CONTACT US

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www.Sportsmetrics.com



@SportsmetricsTM



Sportsmetrics Center for the Female Athlete



PROGRAM TESTING & TRAINING COMPONENTS:

- Sportsmetrics Injury Prevention Training
 - 6 week plyometric, strength, agility and speed training
- Neuromuscular Objective Testing
 - Drop Jump Test
 - Hop Testing
 - Step Down Test
- Nutrition Education & Support
 - Nutritional Screenings
 - Referrals to Sports Dietician
- Hormonal Health Education & Support
 - Menstrual Cycle Screening, Tracking, & Education
 - Referrals to Specialty Physicians
- Behavioral Health Education & Support
 - Screenings for Mental Health
 - Educational Tools for Increasing Mental Performance
 - Referrals to Sports Psychology
- Orthopaedic Health Education & Support
 - Orthopaedic Evaluations by Physical Therapist, Athletic Trainers, and Orthopaedic Surgeons
- Human Performance Assessments & Training
 - V02 Max Testing
 - Lactate Threshold Testing
 - Isokinetic Strength Testing



Are you **physically,**
psychologically,
nutritionally &
aerobically fit?

RISK FACTORS



OVERUSE & EARLY
SPORT
SPECIALIZATION



WEAKNESS & POOR
NEUROMUSCULAR
CONTROL



SMALLER & MORE
HYPERMOBILE
JOINTS

- **Female athletes are at risk for Relative Energy Deficiency in Sport (RED-S) & the Female Athlete Triad (FAT)**
- **Athletes with abnormal menstrual cycles are 2-4x more likely to suffer a stress fractures**
- **Female have 2-6x the ACL injury rate**



WHERE

**MERCY HEALTH -
ORTHOPEDIC AND SPORTS
MEDICINE INSTITUTE,
KENWOOD**

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INQUIRIES & APPOINTMENTS

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