

COMING IN JANUARY AND FEBRUARY

**MEDICINE IN MOTION WILL BE
OFFERING...**

A Comprehensive ACL Prevention Program

The PEP ACL prevention program is designed to work on strength, flexibility and coordination to stabilize the muscles around the knee joint.

This will allow the athlete the capability to anticipate external forces or leads to stabilize the joint, thus protecting the inherent structures.

The program consists of 3 times per week, it takes approximately 20-25 minutes over a span of 6 weeks.

Cost is \$60.00 for the 6 week program (this is less than \$5.00 per session).

MEDICINE IN MOTION

13805 Research Blvd.
Suite 150
Austin, TX 78750

Phone: 512-257-2500
E-mail: Lindsay@medinmotion.com



Medicine in Motion
care for your active body