

About the Carleton Sport Medicine Clinic

Established in 1972, the Carleton Sport Medicine Clinic was one of the first of its kind in Canada. After more than 30 years, we continue to provide care not just for the competitive athlete, but the general public with musculoskeletal injury or pain who are seeking to be more active than their medical condition allows.



Carleton Sport Medicine Clinic
1125 Colonel By Drive
Ottawa, ON, K1S 5B6

Phone: 613-520-3510

Email:

Carleton Sport Medicine Clinic

ACL Injury Prevention Clinic



Phone: 613-520-3510

Email: CarletonSportMedicine@carleton.ca



ACL Injury Prevention Program

Carleton University Sport Medicine is pleased to provide a dynamic new program developed specifically to reduce the incidence of ACL injuries in soccer players.

In addition, we will be evaluating each athlete through a series of functional tests to correct functional abnormalities and further identify athletes who maybe at higher risk.



The program will be administered by a Certified Athletic Therapist, knowledgeable in biomechanics, exercise and stretching techniques, and the identification of these weaknesses and abnormalities.

We will come right to your practice!

The Program

As part of the CSMC ACL Injury Prevention Program we will:

- Run through the program with the athletes, showing them the proper techniques of each exercise
- Instruct the coaches on what to look for to correct problems with technique
- Perform functional testing on each athlete
- High-risk athletes will be provided an opportunity to discuss options for further evaluation and specific programs available to them through personal training

The therapist will return 2 weeks later to review the program and answer any questions or concerns coaches and players might have with respect to the program.

Price

The cost of the complete package is \$75.00



Contact

To make arrangements for a therapist to present the program, please contact :

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