Centerpointe

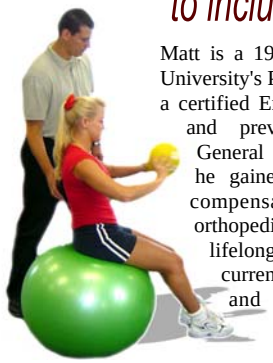
Chiropractic & Physical Therapy

Lou Rossi D.C. & Matt Trnka P.T.

2005 Spring/Summer

We have expanded our services...

to include a complete Physical Therapy Facility under the direction of Matt Trnka P.T.!



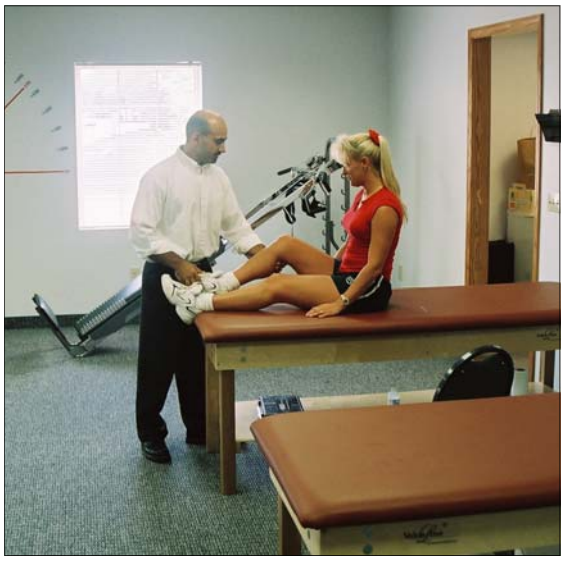
Matt is a 1997 graduate of Cleveland State University's Physical Therapy program. He is a certified Ergonomic Assessment Specialist and previously practiced at Medina General Hospital and Vocworks, where he gained experience with , worker's compensation, sports and general orthopedic conditions. He has been a lifelong resident of Medina County and currently resides there with his wife and two children. "I utilize a functional based approach involving multiple joints and muscle groups", Matt explained. "Let's say someone has an ankle injury. I treat the ankle, as well as making sure that it works in coordination with the rest of the body, such as knee, hip and trunk".

Working together with your primary care physician, chiropractors and Physical therapists can provide a unique blend of medical services that complement each other. Whether your problem is work or personal related or if, you have suffered a sports injury, Centerpointe Chiropractic and Physical Therapy can help with your sciatica, head, neck, back, arm, shoulder, knee, ankle or foot pain. Also offered are post surgical rehab work and orthopedic rehab, strength and conditioning programs, and weight loss programs.

How Can You Reduce Your Risk of an ACL Injury?

It is one of an athlete's most feared injuries. Whether you are an advanced athlete, in youth athletics or just a weekend warrior everyone knows an Anterior Cruciate Ligament (ACL) injury is going to leave you sidelined for the season.

If you are a female athlete, your risk is anywhere from 2 to 10 times higher then a male for an ACL injury. Studies indicate multiple factors for this increased risk. One is anatomical differences in males and females. Females have a wider pelvis which changes the angle that the knee joint is aligned with. Research indicates that females depend on quadriceps muscle strength and less on hamstring muscle strength to stabilize the knee. Further studies have shown that female's electromechanical response times are slower then males', meaning it takes longer for a female's leg muscles to react to a stimulus and stabilize the knee. Another study showed that females had more laxity in their knees. This research has shown multiple anatomical and physiological differences responsible for putting ladies of all ages at more risk for this serious knee injury.



The good news is that research has also proven a good ACL prevention exercise program can reduce the likelihood of an ACL injury. One study showed that athletes that trained in an ACL prevention program were almost 5 times less likely to suffer an ACL injury compared to those that did not train in a prevention program.

Attend our FREE Injury Prevention Seminar

A good ACL prevention program goes well beyond general strengthening and stretching. It will focus on jump training, plyometric drills and agility drills. It will focus on retraining the neuromuscular pattern, train for improve reaction time, train the athlete to control knee hyperextension and improve the knee position on landing, train neuromuscular control and protective mechanisms and reflexes. Lou and Matt are offering a **free** instructional ACL injury prevention class. Class sizes are limited to approximately 5 participants and will involve education as well as active participation.

If you or your child is interested in participating in this interactive class, round up 4 teammates and call us at **330-723-2225 to schedule**.