



Centers for
Orthopaedics
Experience in Motion

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AcCeL

The program for today's athlete

Everyone knows that practice makes perfect. But what if it is not only technical skills that need practice, but the very way that we move? How does an athlete know if they are moving inefficiently or if they are doing something that may make them vulnerable to injury?

AcCeL is a program designed to assess an athlete's performance level and movement patterns through a comprehensive evaluative process. This assessment, complete with video analysis, isolates areas of inefficiency of the lower body and identifies potential injury producing mechanisms. An individualized training program is then designed for the athlete aimed at improving these deficiencies that can impede performance.

The **AcCeL** program is broken down into three visits.

- The first visit consists of the evaluation where the athlete is taken through a series of movements and tests. This is videotaped and then analyzed and reviewed with the athlete. Isolated areas of weakness, inflexibility, or inefficient movement are addressed with specific cues on proper correction.
- The second visit reviews a comprehensive training program of exercises to be performed independently to complement their existing training program and practice schedule. Special attention is taken to review proper mechanics and execution of the exercises.
- The third visit goes through a re-evaluation with videotape to determine areas of improvement. This session also reviews the exercises, makes any appropriate changes or corrections, and discusses progression and injury preventative measures.

In today's world of highly competitive athletics, every element of potential weakness can make a difference. By gaining an understanding of where these deficiencies are, then steps can be taken to help enhance performance and reduce the risk for injury to the lower extremity.

It is time to **AcCeL**.

The cost of the program is \$175.00. If you have an interest in setting up an appointment for this program or have any specific questions, please call (207) 828-2121.