



Media Advisory

Sport & Spine Therapy of Marin (SSTM) has launched its *Stay Active Marin* Health Education and Community Outreach program to promote a better understanding of joint, spine and sport injuries and rehabilitation options.

As part of this program, SSTM regularly hosts a Lecture Series, creating a forum for prominent surgeons, doctors and health practitioners. Dr. Noah Weiss, a highly regarded orthopedic surgeon in Northern California recently spoke on ACL Injury Prevention.

The lecture was aimed at coaches and athletic directors of youth sports, where injuries start. The goal was to emphasize the importance of warm-ups for many of the popular youth sports today – gymnastics, baseball, football, soccer, basketball, among others. Athletes engaged in sports where they tend to twist their knees or pivot as they land are the most susceptible to ACL tears.

The issue is made worse by, extreme competition at increasingly younger ages, and as children are growing. The other culprit may be the emphasis on a single sport. It's not uncommon for even young children, ages 8 and 9, to focus on one sport such as baseball. They play fall ball and then gear up again for spring baseball. By focusing on a single sport, children are missing out on an array of sports that exercise the whole body, not just a few areas, and the results can be repetitive stress injuries and a weakened ACL.

The ACL

The ACL (anterior cruciate ligament) is part of a complicated network of tendons and ligaments that help stabilize and support the knee. These structures are particularly vulnerable to injury during athletic activity or as the result of impact.

ACL Tears

ACL tears cause knee swelling and pain. On examination, doctors look for signs of instability of the knee. These special tests place stress on the ACL, and can detect a torn ligament. Doctors might also diagnose with an MRI to see if the ACL is torn.

Surgery may be an option, especially if the ACL is completely torn and needs to be reconstructed. Rehab following ACL surgery focuses on restoring motion and strength, and improving the stability of the joint to prevent future injuries. At this juncture, physical therapy is critical to help heal the ACL, reduce pain, and strengthen the joint through exercise.

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PEP Program

Dr. Weiss also addressed the effectiveness of the PEP Program. This prevention program consists of a warm-up, stretching, strengthening, plyometrics, and sport specific agilities to address the stabilizing muscles around the knee joint. It's essentially a 15-20 minute program consisting of active stretching and warm-ups. Studies have shown that athletes who start their workout with the PEP program, exercises like backward running, significantly decrease their risk of ACL injuries. For more information on the PEP program visit, <http://smsmf.org/pep-program>.

About Weiss Orthopaedics

Weiss Orthopaedics offers orthopedic surgery in the Napa, Petaluma, Marin, Sonoma County and Northern California areas. Noah Weiss, M.D, F.A.C.S., provides services for orthopedic injuries including sports medicine, sports arthroscopy, hand surgery, shoulder surgery, knee surgery and joint reconstruction.

About Sport & Spine Therapy of Marin

Founded in 1987, Sport & Spine Therapy of Marin (SSTM), Inc. is a leading physical therapy organization with two locations in Marin County, San Anselmo and Novato. SSTM specializes in preventative and post-operative orthopedic rehabilitation including joint replacement, spine care and sports-related injuries.

SSTM maintains a staff of highly trained and caring staff of Physical Therapists, Assistants, Aides and Certified Athletic Trainers, creating a team approach to patient needs. SSTM has a reputation for quality, accessibility and individualized care and is known for effective communication with patients and doctors with the goal of helping patients get their lives back in a timely manner.

For more information on SSTM's *Stay Active Marin* program, or to be a guest speaker, contact Jeanne Masterson at SSTM, 415-898-1311, or email [Jeanne @sstmarin.com](mailto:Jeanne@sstmarin.com).

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