

# ELITE PROGRAM

ENHANCING &  
LEARNING  
INJURY PREVENTION  
TECHNIQUES THROUGH  
EXERCISE



Announcing the  
**ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION  
AND PERFORMANCE ENHANCEMENT PROGRAM.**

Program is 2x/week for 6 weeks.

For more information, call  
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 **Lexington Clinic**  
Orthopedics – Sports Medicine