

All Coaches: You're Invited to a Presentation

The Female Athlete – ACL Injury Prevention and Return To Sport

Date: Saturday, February 24

Location: Westfield High School

Time: 9:00 a.m. to 10:00 a.m.

*Light Refreshments will
be provided*



Presentation Topics:

**How to prevent and treat ACL injuries
in the female athlete**

*Keith Lawhorn, MD,
Sports Medicine Specialist*

**Knee injury prevention exercises and other
preparations for female athletes**

*Austin Johns, Program Director, OrthoVirginia
Return to Sport Program*



SPORTS MEDICINE

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