

Female Athletes and Knee Injuries

PEP: Prevent Injuries and Enhance Performance

PEP is a free program designed for coaches, trainers, female athletes, and parents, presented by Bucks County SAFE KIDS with lead agency St. Mary Medical Center

Two sessions available:

Monday January 31, 6:30 to 8 p.m.
Middletown Parks and Recreation
3 Municipal Way, Langhorne, PA

Monday, March 14, 6:30 to 8 p.m.
Warminster Parks and Recreation
1101 Little Lane, Warminster, PA

*Reduces ACL knee injuries
in female athletes
ages 15 to 17 by 70%*



*Addresses potential
deficits in strength and
coordination of muscles
around the knee*



- Attendees will perform warm-up, stretching, strengthening plyometrics, and sport specific exercises
- To register for this free program or receive more information, call 215.710.5900