The Lurie Children’s Institute for Sports Medicine offers the Knee Injury Prevention Program (KIPP®), a neuromuscular training program designed to reduce the risk of anterior cruciate ligament (ACL) injuries among female adolescent athletes.

Lurie Children’s Institute for Sports Medicine offers KIPP FOR GIRLS, a neuromuscular training program for female athletes ages 10–21.

Research shows that the KIPP warm-up significantly reduced:

- ACL injuries by 82%
- Knee sprains by 70%
- Ankle sprains by 62%

KIPP FOR COACHES
A FREE online training program to help coaches reduce the risk of ACL tears and other lower-extremity injuries in female athletes.

Over 1,300 people from 24 countries have completed the Lurie Children’s KIPP FOR COACHES online training program.

For more information, e-mail kipp@luriechildrens.org or call 312.227.6190.

Source: Pediatrics and Adolescent Medicine, Effect of Neuromuscular Warm-up on Injuries in Female Soccer and Basketball Athletes in Urban Public High Schools: Cynthia R. LaBella, MD; Michael R. Huxford, MEd, ATC; Joe Grissom, MPP; Kwang-Youn Kim, PhD; Jie Peng, MS; Katherine Kaufer Christoffel, MD, MPH; Northwestern University, on November 8, 2011.