



ACL Bridge Program

Designed for athletes of all ages, the Northwestern Medicine ACL (anterior cruciate ligament) Bridge Program picks up where formal physical therapy leaves off. Using dynamic lower-extremity assessments, we can track and optimize your movement patterns to help you enhance the abilities necessary to succeed in your specific sport.

You will train two sessions per week for 60 minutes to develop:

Unilateral leg strength
and power

Multidimensional
movements

Plyometric mechanics

Neuromuscular control

Core stability

Our goal is to transition you back to full recreational/sports activities without limitations.

This medically based program is appropriate for individuals who have been treated for an ACL injury and have been cleared by their physician to begin higher-level activities, including running, jumping and changing direction.

This is a cash-based service and is not covered by insurance.

Please call us at 630.315.8764 for prices and scheduling options. TTY for the hearing impaired, 630.933.4833.

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sportsperformance.nm.org