

# GABRIELE

## FITNESS & PERFORMANCE



### **ACL Injury Prevention Clinic for the Female Athlete**

**CAUTION:** Is your daughter at risk for an ACL injury? **PREVENT-PROTECT- RECOVER**

On Monday, June 21st at 8 PM Parents, Coaches and Female athletes will have the opportunity to learn ways they can prevent, protect and recover from ACL injuries, a devastating, yet all too common injury. Gabriele Fitness and Performance is offering this free clinic which will feature renowned Orthopedist, Dr. John Hurley M.D., and owner, Vince Gabriele, M.S, YCS-2.

An estimated 150,000 Americans suffer ACL injuries each year in the United States and female athletes are 6 times more likely than are male athletes to experience them. ACL injuries are mostly non contact, unexpected injuries, usually upon landing from a normal jump or while making a routine cut. They require in depth surgery and can potentially steal a young person's ability to ever play sports again. Fortunately, this injury can be protected against.

Dr. Hurley, Board Certified in both Orthopedic Surgery and Sports Medicine, practices in Morristown and has specialized in sports injuries of the knee and shoulder for more than 20 years. He has been a Team Physician for The Detroit Lions and The Detroit Tigers, along with several Universities and High Schools. He is listed in Castle Connolly's "America's Top Doctors" and *New Jersey Monthly's* "Top Doctors."

Vince Gabriele, Fitness and Sports Performance Coach and owner of Gabriele Fitness and Performance in Berkeley Heights, has seen too many young women injured simply from not being prepared. His vision is to change the way athletes train, creating successful programs that protect against injuries and not only accomplish goals, but surpass them. With the increase in the number of young women who tear their ACL, it has become a mission to do something about it.

Protect the female athlete in your life! This clinic is specifically designed to teach ACL injury prevention for young female athletes. If you are a parent or coach of a young female athlete we hope you don't miss this remarkable offer to learn more about ACL injuries and how to begin protective action. Come to Gabriele Fitness and Performance on June 21<sup>st</sup> 8 pm  
20 Locust Avenue, Berkeley Heights NJ 07922. 908-464-4441.

This is a free event, but you must register by e-mailing [info@gabrielefitness.com](mailto:info@gabrielefitness.com). You can find out more by visiting [WWW.GABRIELEFITNESS.COM](http://WWW.GABRIELEFITNESS.COM) Space is limited, register today.