Sports Medicine Locations

NORFOLK

Children's Hospital of The King's Daughters
601 Children's Lane

CHKD Sports Medicine in Ghent
702 W. 21st Street

CHKD Health Center at Kempsville
171 Kempsville Road

CHESAPEAKE

CHKD Health Center at Oakbrooke
500 Discovery Drive

HAMPTON

CHKD Health Center at Butler Farm
421 Butler Farm Road

NEWPORT NEWS

CHKD Health and Surgery Center at Oyster Point
11783 Rock Landing Drive

CHKD Health Center and Urgent Care at Tech Center
680 Oyster Point Road

VIRGINIA BEACH

CHKD Health and Surgery Center at Concert Drive
2021 Concert Drive
(outpatient orthopedic surgery only)

CHKD Health Center and Urgent Care at Loehmann's Plaza
3960 Virginia Beach Boulevard

CHKD Health Center at Landstown
1924 Landstown Centre Way

WILLIAMSBURG

CHKD Health Center at Lightfoot
6425 Richmond Road

Sports Medicine

757-668-PLAY (7529)
CHKD.org/sportsmed

Strong Girls

Training to improve performance
and prevent ACL injury

Sports Medicine

Strong Girls

The Strong Girls program at CHKD helps to enhance the athletic performance of young female athletes and reduce the risk of serious knee injuries. Female athletes – particularly soccer, basketball and volleyball players – are more likely to injure their anterior cruciate ligament (ACL) than males in the same sport. These ACL injuries primarily occur in non-contact situations when the athlete stops, turns or lands from a jump in an awkward position or with poor control.

The Strong Girls program uses the latest methods proven to help reduce the incidence of ACL injuries while improving performance on the field or court. Our sports medicine staff and performance coaches will demonstrate and teach the most efficient techniques for plyometrics, agility, speed, deceleration, strength and balance. Girls will become stronger, more powerful - and most importantly safer, with this program.

Strong Girls Clinic

One 1-hour class — Free

Clinic includes an introduction to the ACL, discussion about common risk factors for injury and a demonstration of correct jumping, landing and deceleration techniques. Participants will receive handouts with strengthening exercises and a summary of injury prevention strategies. This clinic may take place at the CHKD sports medicine gym or off-site.

Strong Girls Comprehensive Class

Classes twice a week for 6 weeks — $150 per person with a group, $300 per person individually

This comprehensive small group or individual training program will give athletes the skills they need to decrease their risk of tearing an ACL while learning movement efficiency to increase their performance on the field or court. This program will take place at the CHKD Sports Medicine gym.

Strong Girls Team-Site Program I

*Two 1-hour team clinics — $150/team
(up to 15 athletes; $10 fee per additional athlete)*

This two-day series will provide coaches, parents and athletes with knee anatomy and mechanics of safe jumping, landing and cutting techniques. On the second day, staff will introduce a plyometric jump program and active demonstration of various agility drills to increase performance and reinforce safe mechanics. Team will provide location for this clinic.

Strong Girls Team-Site Program II

*Team clinics once a week for 6 weeks — $375/team
(up to 15 athletes; $20 fee per additional athlete)*

This program includes one hour of instruction per week designed to reduce the likelihood of an ACL tear and performance coaching to take the athlete's game to the next level. The team coach will receive instructions for an additional 25-minute session to be performed each week. Progress will be assessed using the Dartfish program to analyze a 10-second tuck jump at the beginning and end of the six-week program. Each athlete will receive individual results with recommendations for continued performance training. Team will provide location for this clinic.

For more information contact Kendall Vaughan: (757) 668-6654 or Kendall.Vaughan@chkd.org. To register for an upcoming class, visit CHKD.org/classes.