



GET SET APP



It would be worthwhile for you to download the “Get Set - Train Smarter” App from the Apple App Store or Android Store. This program was developed by the International Olympic Committee and free to download and use. It will provide a training program for your specific sport, such as soccer, football, basketball, volleyball, etc, that have been proven to decrease your risk of injury or re-injury. Use this program to finish and then maintain your fitness training to protect your operated knee, as well as your other knee.

If you have any questions, please call our office and we will do our best to answer them.