



ACL Injury Prevention: The Current Status

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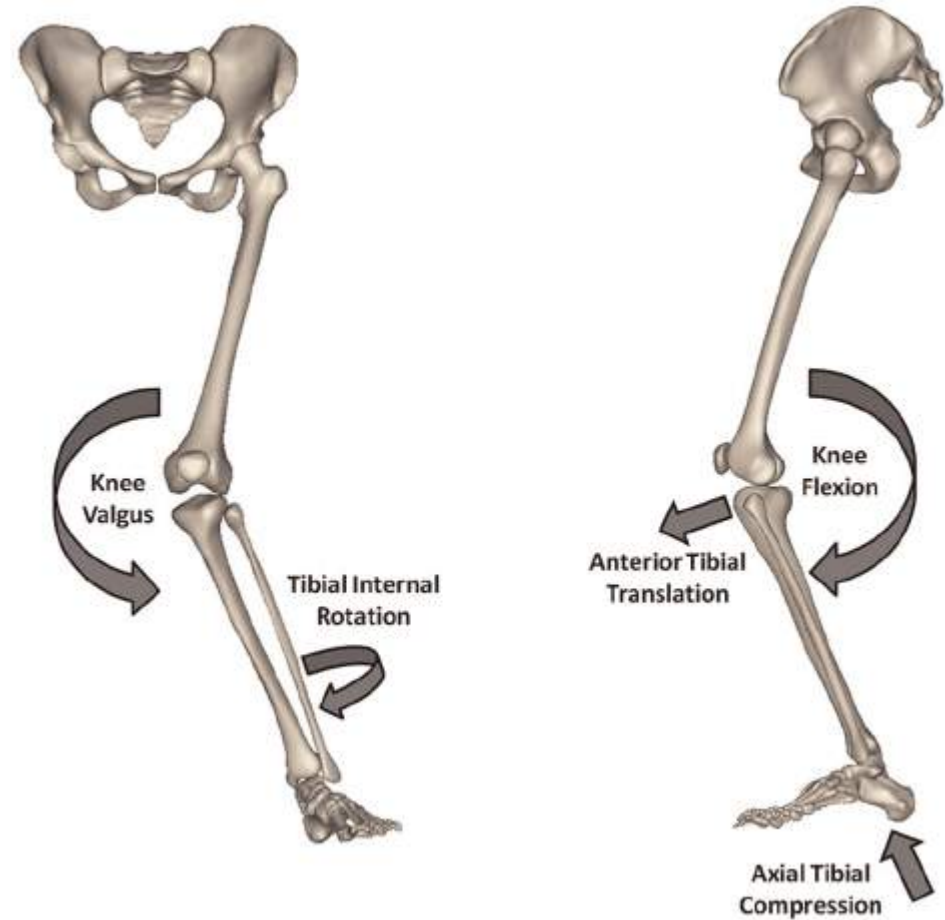
University of Central Florida Athletics



Disclosures

None

Contact Injuries vs. Non-Contact Injuries



National Athletic Trainers' Association Position Statement: Prevention of Anterior Cruciate Ligament Injury

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NATA Position Statement: Prevention of ACL Injury

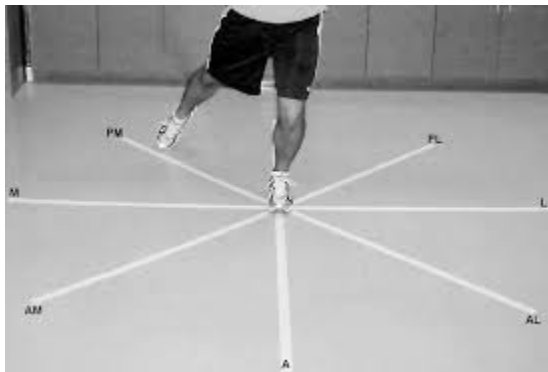
- No optimal Preventive training program has been identified
- Multicomponent Training Program including feedback on proper exercise technique
 - Strength
 - Plyometrics
 - Agility
 - Balance
 - Flexibility
- At least 2-3 times per week for at least 15-20 minutes as part of a Dynamic Warm-up or as part of a comprehensive Strength and Conditioning Program
- Programs should be initiated early in the pre-season and continue throughout the season
- Should be implemented for all children who participate in sports involving landing, jumping and cutting tasks
- Identifying high risk individuals may allow clinicians to make prevention efforts more efficient

Benefits of Injury Prevention Training Programs

- Reduced lower limb and knee injury rates
- Reduced ACL injury rates
- Improved lower extremity biomechanics
- Improved lower extremity neuromuscular control
- Improved functional performance



Functional Testing



Functional Testing

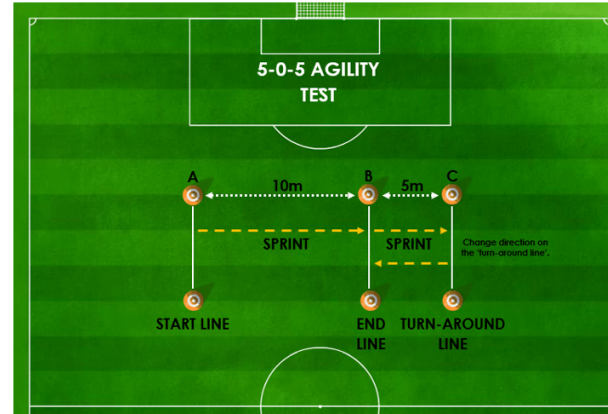


Figure 1. Test configuration for the 5-0-5 Agility Test.



Figure 1. Test configuration for the Pro-Agility Test.



Key Components

- Dynamic Warm-up
 - Movement in all 3 planes
 - Emphasis on Dynamic Mobility and flexibility
- Exercises to re-enforce weak areas
 - Emphasize movement quality
- Start basic and progress
- Don't over do it
 - To much time required will diminish compliance

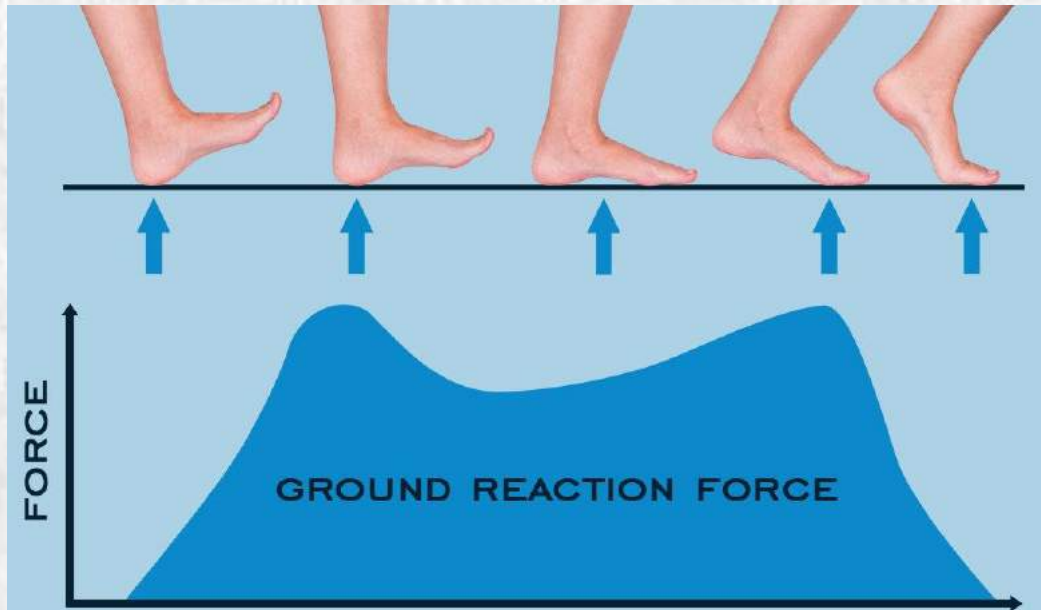


Coordination with Strength and Conditioning

Key component to
Athlete and Coach
compliance

Philosophy

Ground Up vs. Core Out



Both are right. Control from the hip is the key.

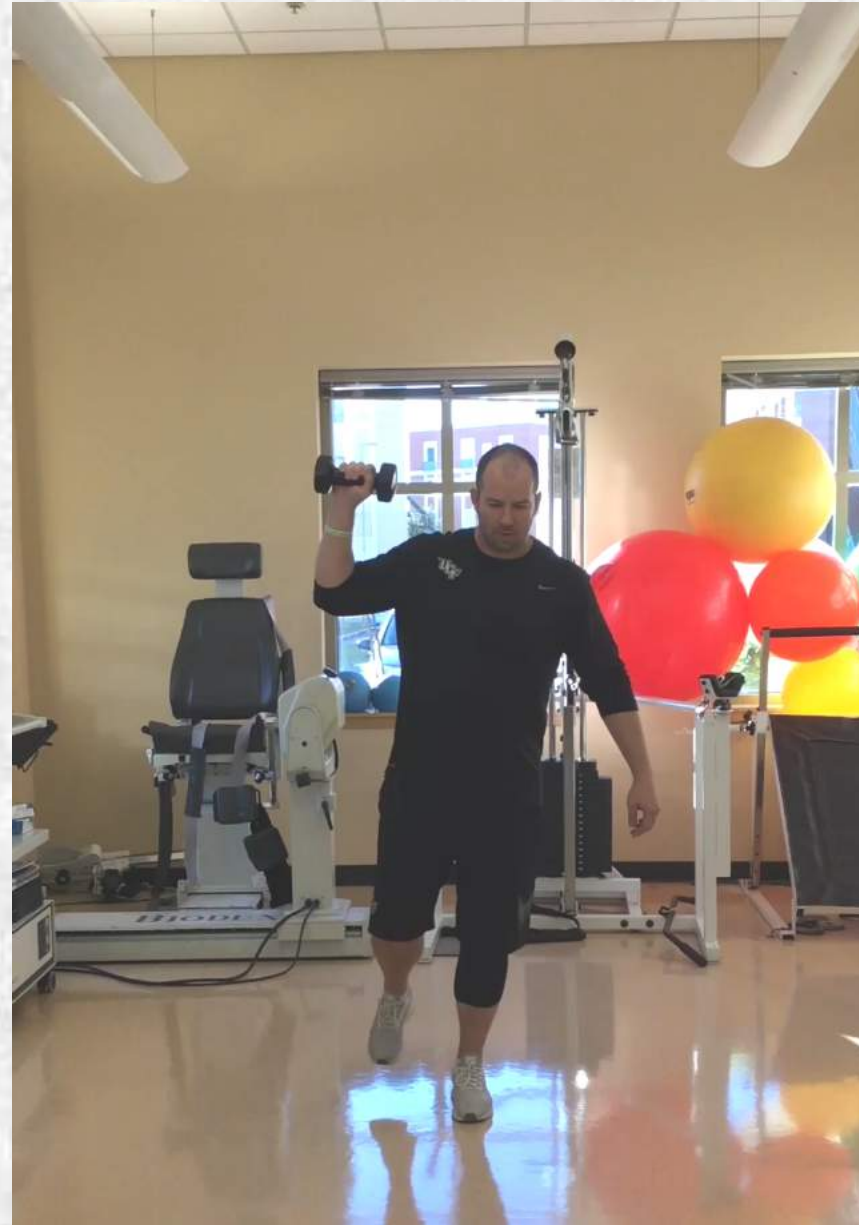
Soccer Programs



Lateral Band Walks



Windmills / Single Leg Reaches



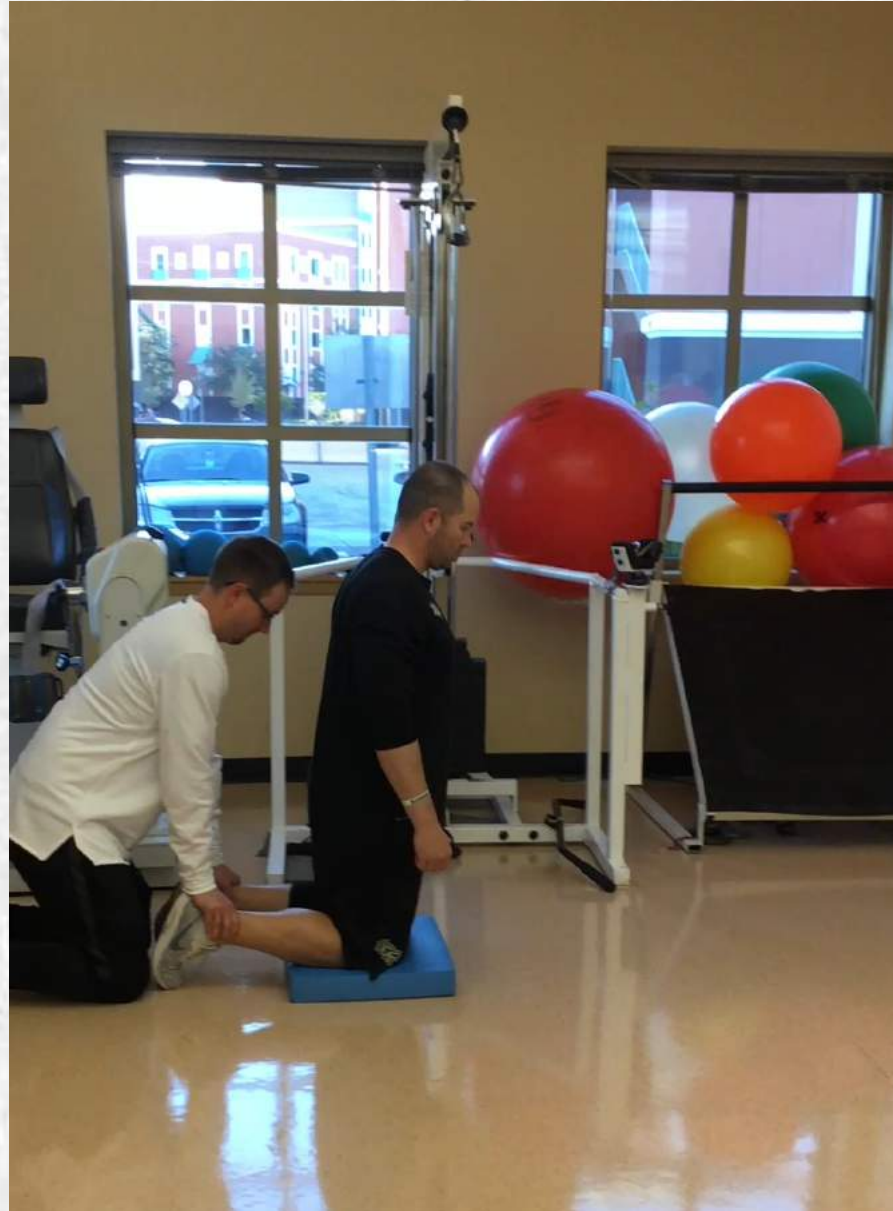
Side Plank Variations



Lateral Physioball Squat



Nordic Hamstrings



Hop to Hold



Single Leg Kettle Bell Romanian Dead Lift



Seated Hip Rotation





Prevention is Key

Reduction of time loss injuries



Thank You



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