

TRAINING TIP OF THE WEEK

CAN ACL TEARS BE PREVENTED?

The Anterior Cruciate Ligament (ACL) is one of the main stabilizers of the knee and can be injured in sports requiring sudden stops, twisting motions, jumping or change in direction. Surprisingly, over 75% of the time an injury to the ACL is not the result of contact or collision. Participation in soccer and basketball



are the sports carrying the greatest risk for this injury. These non-contact ACL injuries are 6 times more likely to occur in a high school female athlete compared to a male high school athlete. Some recent studies show that starting functional training in early adolescence focusing on agility, balance and core strength can decrease the incidence of non-contact ACL tears by as much as 80%. These training programs require as little as 15 minutes and can easily be incorporated into a team practice hopefully preventing a season-ending ACL injury.

www.AthleticareSportsMed.com is a great resource for all your sports medicine questions



Athleticare
Sports Medicine Specialists

128 E. Milltown Rd.,
Suite 105
Wooster, OH 44691

330-345-8060