

INJURY PREVENTION PROGRAMS:

CAN significantly reduce the risk of injury, particularly in youth aged 12 to 25 years that are involved in high-risk sport such as soccer, basketball and skiing;

CAN be implemented by clinicians, coaches, parents and athletes;

SHOULD begin in the preseason and continue through the regular season;

MUST include at least two sessions per week that last longer than 20 minutes to be effective.



SUPPORTED BY:



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KNEE INJURY PREVENTION EXERCISES



Banff Sport Medicine
FOUNDATION

Better Stronger Motion

1. WARM UP

FLEXIBILITY

2 min total

Dynamic stretches or flexibility drills for:

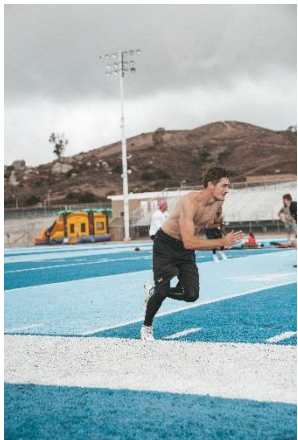
- Quads
- Hamstrings
- Hip adductors
- Hip flexors
- Calf muscles



RUNNING

10 min total

- Forward running
- Backward running
- Zigzag running (forward & backward)
- Bounding



2. CHOOSE SEVERAL EXERCISES FROM EACH CATEGORY

A. STRENGTH

Start with 30 sec up to 1 min for each

- Double-leg squat
- Single-leg squat
- Lunges
- Nordic hamstring exercises



B. CORE

Start with 30 sec up to 1 min for each

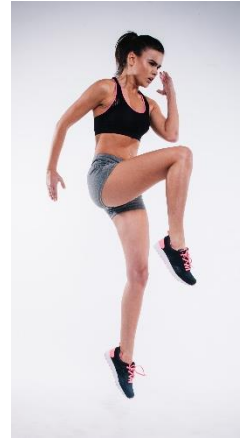
- Plank
- Bridges



C. PLYOMETRICS

30 sec each

- Single-leg hop (anterior & posterior)
- “Ice Skaters”
- Sport-specific drills e.g. jump to header or catch ball overhead



D. Balance

2 x 90 sec each

- Single-leg ball pass
- Single-leg balance with multiplanar reach with arm & leg

REMEMBER TO....

1. KEEP KNEES IN LINE WITH TOES

2. KEEP KNEES TURNED OUT, NOT IN

3. LAND GENTLY

