S.K.I.P.

“Successful – Knee – Injury – Prevention”

2/3 of serious knee injuries occur due to non-contact
- Typically in situations that require control, balance and strength
- Over 100,000 anterior cruciate ligament (ACL) surgeries in US per year
- According to a study in 2000 there were 250,000 ACL injuries
- More than 1 million world wide

Female athletes are 5 times more likely to sustain serious knee injuries (ACL tears) as compared to their male counterparts.

1-10 college
1-100 in high school

WHY?
- Lack of muscle coordination
- Insufficient strength thus increased risk of injury
- Decreased hamstring strength and power, jumping abilities and knee control in female athletes in comparison to their male counterparts.

What’s the “Program”??
Highly specific training session.
Educating players in proper jumping, landing and “cutting” techniques.
Emphasis on quality not quantity.

4 Components:
- dynamic flexibility/warm-up
- jump/plyometric exercises & progression
- strength training
- static stretches/partner stretches

The program trains coordination, balance and strength for the lower extremities and knee joint thus preparing the athlete to react more immediate, natural and instinctive in a potential injury situation.

Twice a week for 6 weeks of progression in 3 phases (2 weeks per phase).

WHAT’S IT DO?
The goals of the program are to:
1) Improve faulty jumping/landing, running and cutting technique
2) Improve leg symmetry
3) Increase flexibility
4) Increase strength & power (10% increase in vertical jump)
5) Reduce and Prevent injury
6) Improve Agility
7) Enhanced athletic performance

Results:
- Decreased knee landing forces
- Jumping/landing mechanics changed from a stiff legged wiggle wobble to a controlled knee joint with added stability
- Decreased risk for serious injury by 3-4 fold

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“take advantage of your life!”