

# 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 (2weeks 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