

ACL Injury Prevention

An Evidence Based Warm Up Program for Athletes
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Ryan Stewart, Physiotherapist, BMR(PT), MCISc (Manip), FCAMPT

1. What is the ACL?

2. What does the ACL do?

3. Why is the ACL so important?

4. How is the ACL injured?

5. Why is this information applicable to you?

- a. High school athletes have a significantly higher risk of ACL injury
- b. Research shows that proper program of warm up, strengthening, plyometrics, agility training, and balance exercises can greatly reduce the risk of ACL injury

6. The At Risk Athlete – Contributing Factors:

a. Landing Posture

b. Anatomical Features of the ACL

c. Hormones

d. Biomechanical Factors

e. Wet vs Dry, Artificial vs Natural Turf, Loose vs Stiff Joints

7. The FIFA 11+

1. Running Exercises

- 1) Straight Ahead
- 2) Hip Out
- 3) Hip In
- 4) Circling Partner
- 5) Jumping with Shoulder Contact
- 6) Quick Forwards and Backwards

2. Strength, Plyometrics and Balance

The Bench

- 7.1) Static
- 7.2) Alternate Legs
- 7.3) One Leg Lift and Hold

Sideways Bench

- 8.1) Static
- 8.2) Raise and Lower Hip
- 8.3) With Leg Lift

Hamstrings

- 9.1) Beginner
- 9.2) Intermediate
- 9.3) Advanced

Single Leg Stance

- 10.1) Holding Ball
- 10.2) Throwing Ball with Partner
- 10.3) Test Your Partner

Squats

- 11.1) With Toe Raise
- 11.2) Walking Lunges
- 11.3) One Leg Squats

Jumping

- 12.1) Vertical Jumps
- 12.2) Lateral Jumps
- 12.3) Box Jumps

3. Running Exercises

- 13) Across the Pitch
- 14) Bounding
- 15) Plant and Cut

DETAILS OF THE FIFA 11+:

***SUITABLE FOR INDIVIDUALS 14 YRS OF AGE OR OLDER**

***SHOULD BE DONE BEFORE EVERY TRAINING SESSION, AT LEAST 2 X PER WEEK**

***DO PARTS 1 AND 3 BEFORE A MATCH, PARTS 1,2, AND 3 BEFORE PRACTICE**

***TAKES 20 MINS TOTAL**

***REDUCES THE RISK OF INJURY BY 30-50%**

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