

# ACL INJURY PREVENTION COACHING TIPS

INCLUDE THE FOLLOWING COMPONENTS IN YOUR TRAINING SESSION, WHILE WATCHING OUT FOR THESE COMMON MISTAKES



## DYNAMIC WARM-UP

TARGET: Elevate heart rate, Move joints through full range of motion, Activate core/pillar stabilizing muscles, Gradually increase intensity.

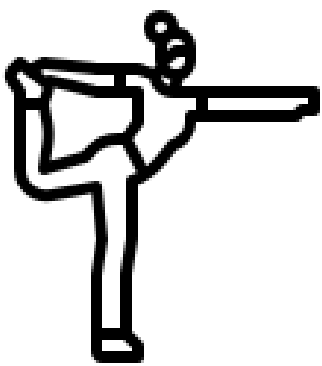
WATCH-OUT FOR: Joint movement to extremes too quickly, Poor alignment through legs, Not enough time

## STRENGTH

TARGET: Large and small muscles of legs, hips, and core

WATCH-OUT FOR:

- Knee Valgus
- Hip Drop
- Quad-Dominance
- Weight-shift / Bias
- Lumbar Lordosis
- Excessive movement from Trunk



## BALANCE

TARGET: Single/Double leg, Stable/Unstable, Variations in the Environment

WATCH-OUT FOR:

- Over-Pronation
- Knee Valgus
- Hip Drop
- Leg Rotation
- Excessive Arm Movement
- Too much Trunk Correction

## LANDING MECHANICS

TARGET: Practice proper mechanics with good shock-absorption and avoiding the Position of Risk

WATCH-OUT FOR:

- Knee Valgus
- Over-pronation
- Stiff Landing
- Knees Too Straight
- Hard / Loud Landing
- Trunk Lean



## AGILITY

TARGET: Plyometrics, Speed and Directional Changes, Reaction time

WATCH-OUT FOR:

- Stiff Quality
- Knee Valgus
- Hard / Loud Landing
- Knees Too Straight
- Poor Alignment when Decelerating
- Excessive head movement

## FLEXIBILITY

TARGET: Range of motion, Muscle lengthening, Restore soft tissue mobility

WATCH-OUT FOR:

- Stretching across multiple joints
- Nerve symptoms vs muscle stretch
- Joint impingement
- Over-stretching lower back



WHAT ARE YOU WAITING FOR? GET ACL STRONG!

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PROTECT YOUR KNEES. PROTECT YOUR FUTURE.