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From: Mike Stein

Subject: Preventing knee injuries

Coaches & mgrs,

Famous orthopedic surgeon Dr. Arthur Bartolozzi and a physical therapist (and soccer player) colleague spoke to a group at today's EPYSA Coaches' Workshop re: knee injuries and prevention. I'm going to give the doctor a holler and see if I can get his PowerPoint presentation, but here are a few highlights:

-Women are 7 times more likely to suffer a knee injury. Several reasons, including hormonal differences and a wider pelvis.

-Bartolozzi recommends stepping down footwear traction for practices and non-important games -- why increase the risk of an ACL tear for a practice? For turf, wear flats; for grass, wear turfs; for mud, wear cleats.

-Studies have shown that ACL injury prevention programs are highly effective. Two similar programs are PEP and FIFA's The 11.

PEP: <http://aclprevent.com/pepprogram.htm>

The 11: <http://www.fifa.com/en/development/medicalsection/0,1236,4,00.html>

-Bartolozzi also recommends working on balance (he gives his patients a roll of sports tape and tells them to stand on it). He didn't recommend a specific training system (other than a roll of tape), but here are some training items offered by a company I have purchased from before:

<http://www.power-systems.com/P/Balance/default.aspx>

-Trivia: a woman's hamstring takes 78 milliseconds to begin contracting, but the ACL rips in 70. A man's hamstring responds in 58 milliseconds.

Mike