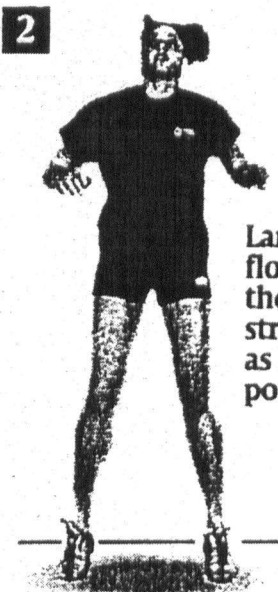


you at risk for injury?

sy, at-home test



Stand on a stool or block, 12-14 inches high, and drop to the ground.



2

Land on the floor and then jump straight up as high as possible.



3

Subject shows good landing form with knees bent and acceptable alignment of knees. Proper bend and alignment reduce the stress on the ACL when landing, stopping or cutting.

Have someone observe your two landings, from off the stool and from the jump.

Knees are bent, aligned over feet and show no signs of inward collapse.

Knees noticeably collapse inward.

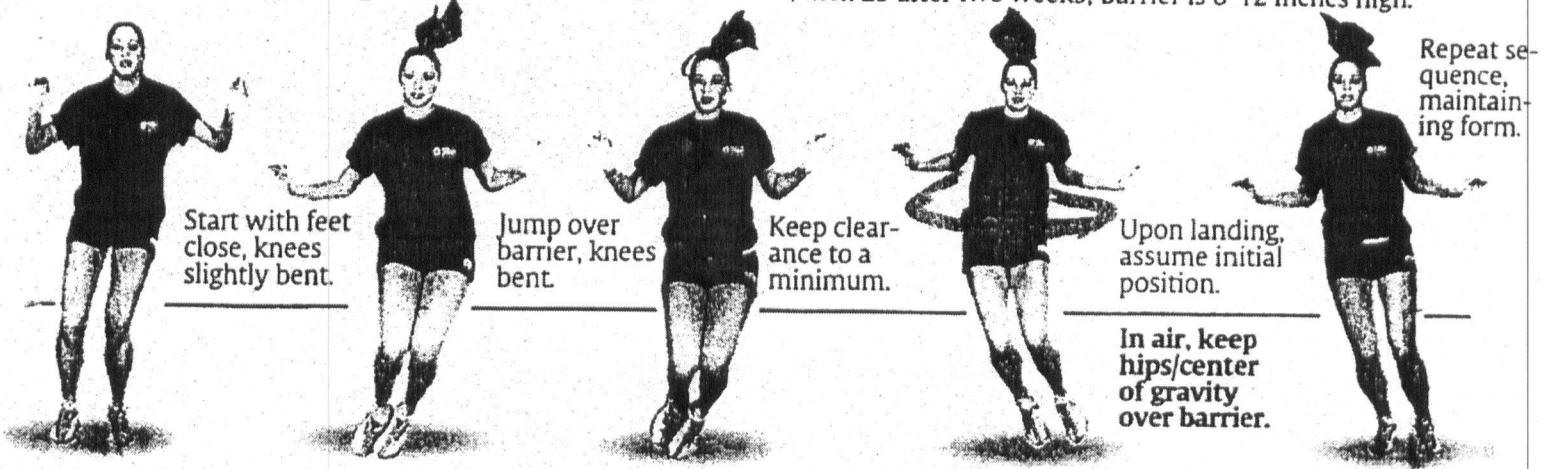
Knees touch each other.

If you checked the second and/or third boxes, you could be at risk for an ACL injury and could benefit from a prevention program.

▶ Straight-arrow alignment of chest over knees over foot, avoiding knock-kneed position ▶ Soft landings ▶ Flexed-knee position ▶ Balance ▶ Quickness ▶ For best results, exercises should be supervised by an experienced trainer, therapist or coach.

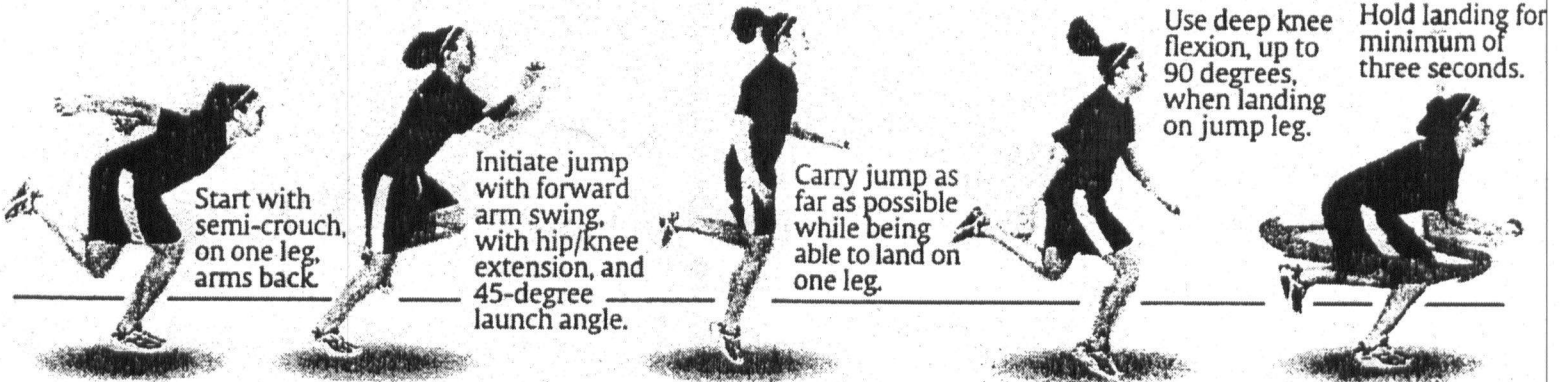
Double leg barrier jump side to side

Start at 20 seconds, then 25 after two weeks; barrier is 6-12 inches high.



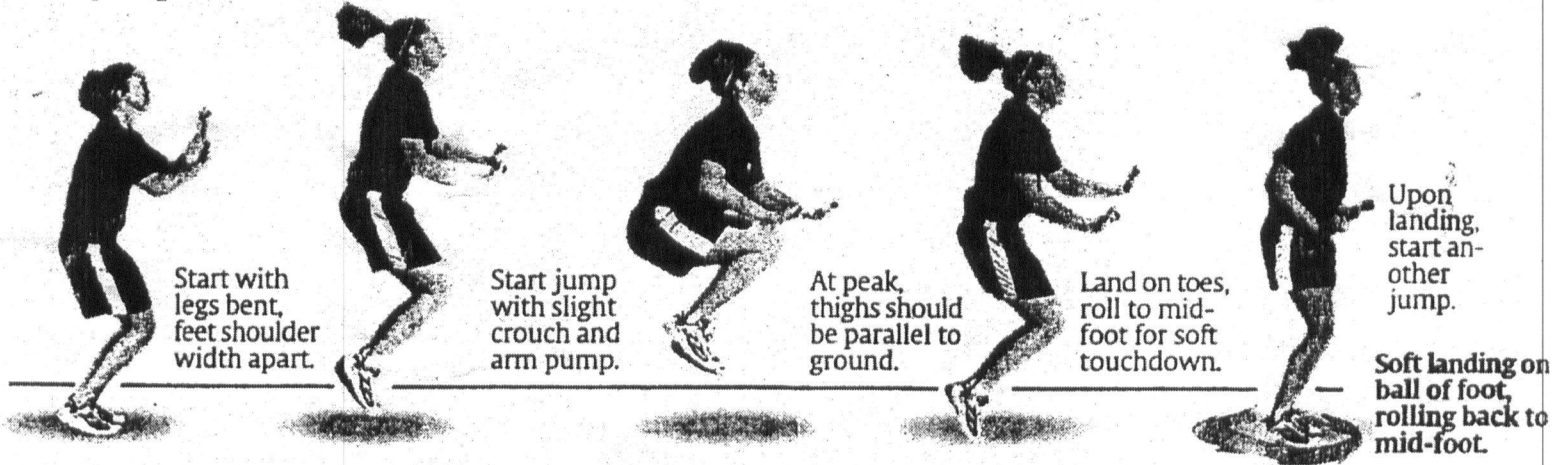
Single hop hold

Start with 10 reps on each leg, work to 15.



Tuck jump

Start with 15-second stints, then 20 after two weeks.



X Hops

Start with four reps of circuit on each leg, work to six.

