

# Prevention of Re-Injury

ACL injury prevention programs aim to improve the neuromuscular control of individuals during standing, cutting, and landing tasks.

Key components of an injury prevention program should include:

- Plyometric, balance, and strengthening exercises
- That the program must be performed for at least 10mins before every training session and game
- That the program is on going

Five popular injury prevention programs that include exercises to help reduce ACL injuries are available on the web. Five programs are:

- Sportsmetrics Program
- The 11+ Warm Up
- The PEP Program
- The KNEE Program - Netball Australia
- The FootyFirst Program - AFL

It is highly recommended that athletes continue with an ongoing ACL injury prevention program whilst they continue to play sports.

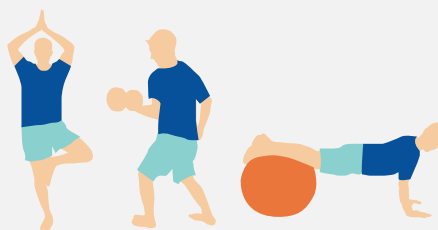


## Phase 5

Prevention of Re-Injury

### Successful ACL injury prevention programs include:

**Plyometric, balance, and strengthening exercises**



**A program performed more than once per week**



**A program that continues for at least 6 weeks**

WEEK 1	WEEK 2	WEEK 3
✓	✓	✓
WEEK 4	WEEK 5	WEEK 6
✓	✓	✓