Seminar Title: ACL Injury Prevention: Decreasing Your Players Risk

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Learning Objectives:

- Provide lower extremity and core strengthening exercises to improve coach’s knowledge of the neuromuscular control of the during plyometric activities.
- Provide functional screening tools to help identify at risk players for ACL injuries
- Provide current best practices for a warm up to help minimize ACL injury risk during volleyball activities

Key Points:

This presentation will demonstrate evidence-based lower extremity, core neuromuscular training, and strengthening exercises to improve coach’s knowledge in the following areas:
1. Knee control with dynamic activities
2. Tools to identify at risk athletes.
3. Best practices for effective warm up programs to help reduce ACL injury will be highlighted.

Conclusion:

Volleyball coaches need to have greater awareness of the mechanical stress associated with knee injuries to design exercises and warm up routines that can reduce them. Training to enhance the proper neuromuscular control of the knee during dynamic, sports-related activities can successfully decrease the incidence of injury. Lower extremity strength training alone, while important, does not decrease the incidence of knee injuries. The use of accurate injury screening tools in combination with neuromuscular training, and hip and core strengthening can help to decrease the incidence of ACL injuries within their programs.