

## ***J36 ACL Injury Prevention***

September 2009

Intro: This story is all too common on the soccer field and basketball court. A high school athlete jumps to get the ball, lands and blows out a knee. And most of that time those athletes are girls. Girls are four to six times more likely to suffer a certain kind of knee injury than boys. And that's why sports medicine specialists at Mayo Clinic developed a camp aimed at preventing knee injuries for young female athletes.

### **Video**

**Total running time 1:15**

**CG :19 to :23  
Candee Mills  
Mayo Clinic**

### **Audio**

“KEEP THAT KNEE OVER THE FOOT”  
SPEED. AGILITY. QUICKNESS.  
ATHLETIC TRAINER CANDEE MILLS IS HELPING THESE HIGH SCHOOL SOCCER PLAYERS IMPROVE THEIR GAME.

“WE ALSO WORK ON INJURY PREVENTION TO HELP CORRECT FAULTY MECHANICS.”  
YOU SEE, WHEN YOU CUT, PIVOT OR JUMP YOU PUT STRESS ON THE ANTERIOR CRUCIATE LIGAMENT OR ACL IN YOUR KNEE.  
AND IF YOUR KNEE COLLAPSES

**CG :48 to :50**

**Chad Eickoff, MA (31:18)**

**Mayo Clinic**

**CG:50 to :59**

**Lidia Ouk**

**Soccer player**

INWARD DURING THESE MOVES  
THAT LIGAMENT CAN TEAR.

“POP. THERE GOES THE KNEE.”

ACL INJURIES ARE ESPECIALLY A  
PROBLEM FOR GIRLS, POSSIBLY  
BECAUSE OF THE ANGLES OF

THEIR LEG BONES OR

IMBALANCED MUSCLES AROUND  
THE KNEE. BUT PROPER TRAINING  
CAN HELP PREVENT ACL INJURIES.

“WE’RE TYRING TO TRAIN THEM  
TO BE ABLE TO LAND BETTER AND  
JUMP BETTER.”

“LEGS SHOULDER WIDTH APART.  
YOU HAVE TO JUMP AS HIGH AS  
YOU CAN AND WHEN YOU LAND  
YOU HAVE TO LAND STRAIGHT AND  
YOUR KNEES CAN’T GO IN OR  
OUT.”

“REALLY AT THE HEART OF  
RESEARCH NOW IS JUMP  
MECHANICS AND LANDING  
MECHANICS.”

THESE DRILLS TEACH HOW TO  
MOVE MORE SAFELY AND THEY  
WILL STRENGTHEN THE  
MUSCLES AROUND THE KNEES.  
BECAUSE ACL INJURIES USUALLY  
MEAN A TRIP TO THE OPERATING  
ROOM.

**Standup**  
**CG**  
**Vivien Williams**  
**Reporting**

“ACL RECONSTRUCTIONS ARE NOT  
MINOR. RECOVERY CAN KEEP YOU  
OUT OF THE GAME FOR NINE  
MONTHS.”  
OR EVEN A YEAR. BUT INJURY  
PREVENTION TRAINING CAN KEEP  
THESE GIRLS IN THE GAME. FOR  
MEDICAL EDGE, I'M VIVIEN  
WILLIAMS.

Anchor tag:

For more information on ACL injuries and reconstruction, visit our Website  
at...[STATIONS: Per the licensing agreement, please provide a link from your  
station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for  
more information.]