

Forest Lake Hoops Club

Ranger Ready

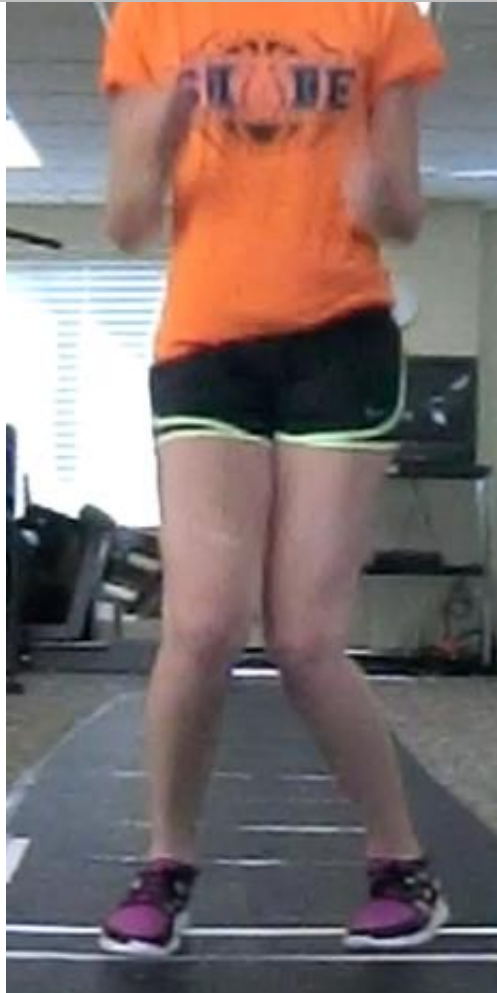
Lower Extremity
Injury Prevention Program

“The Position of No Return”

Knee injuries account for up to
25%
of all sport-related injuries

Anterior Cruciate Ligament (ACL)
Injury Risk Highest in:
Soccer
Basketball

Female athletes
ACL injury rates
2-8 X higher
than males



25-30%
ACL graft re-injury
after return to sport

65%
Successful return to
Competitive cut/pivot sport

50%
knee arthritis
10 years
after injury/surgery

Injury Prevention Programs
60-89%
reduction ACL injury rates

**Balance
Training**

**Core/Trunk
Stability**

**10 Minute
“Ranger Ready”
Warm-up**

**Train Ideal
Technique**
Run, Cut
Jump, Land

**Hip & Leg
Strength**

Ensure Success

```
graph TD; A[Ensure Success] --- B[Consistent (2-3x/wk)]; A --- C[Progressive Difficulty]; A --- D[Sport & Technique Specific];
```

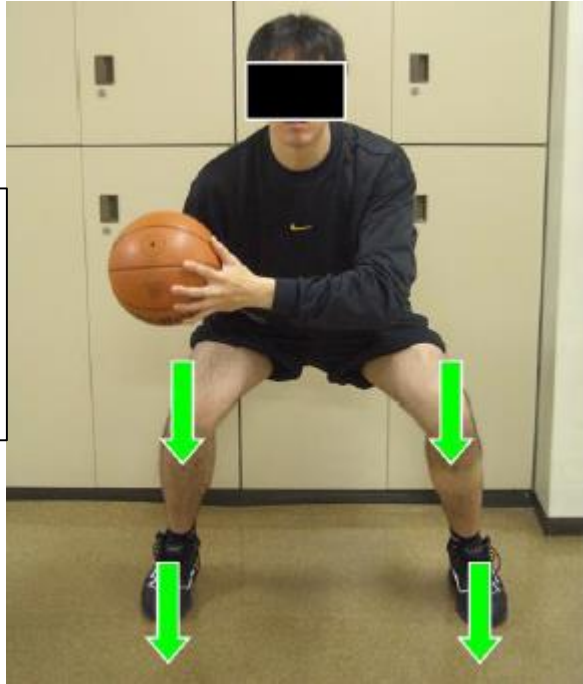
Consistent (2-3x/wk)

**Progressive
Difficulty**

Sport & Technique Specific

Jump/Landing Technique: “Power Position”

NO
Kissing
knees



Butt
down,
head up

Land
QUIET!

Level 1:

- Power position hold + dribble: 20 reps right, 20 reps left, 20 cross-over
- Rebound jump + land in power position: 10 reps x 2 sets (without ball at first to master technique of squat landing)

Balance/Postural Stability

Butt
down,
head up



Vertical
trunk,
NO
inward
collapse
of knee

Level 1:

- **1 leg balance in partial squat position: 20 dribbles right, 20 dribbles left, 20 cross-over**
- **IF NOT ABLE TO CONTROL WITH DRIBBLING, ONLY HOLD BALANCE IN SINGLE LEG SQUAT X 30 SEC X 3 SETS OR USE TIP-TOE SUPPORT FROM OPPOSITE FOOT**

(NOTE: we are not using the disc as shown in the picture)

Leg/Hip Strength “Bridging”

Do NOT
arch back
excessively



Keep knees
apart

Level 1:

- Push hips up, hold briefly, then lower back down
- 15 reps x 2 sets (alternate sets with side plank to move through drills faster)

Trunk/Core Stability

“Side Plank”

Straight line
from sternum
to hips to knees



Don't stick butt
out – straight
posture

Level 1:

- Knees bent back, elbow directly under the shoulder
- Press up through the outside of knee and forearm to a straight trunk posture
- Hold x 20-30 sec x 2 reps per side (alternate with bridging)

Level 1 Exercises:

Perform as warm-up before every practice & game
(2-3x/wk)

Exercise	# Reps & Sets
Power Position Squat Holds + Dribbling	20 dribbles right hand 20 dribbles left hand 20 cross-over dribbles
Power Position Rebound Jump & Land (landing in good squat/power position – start without ball if poor technique)	10 jumps x 2 sets
Single Leg Balance in slight squat (touch-down the opposite tip-toe if unable to control posture)	20 dribbles right hand 20 dribbles left hand 20 cross-over dribbles
Bridging (2 legs)	15 reps x 2 sets
Side Plank (from knees)	20-30 seconds x 2 sets per side

POSITIONS OF RISK



TRUNK LEAN TO THE SIDE

INWARD COLLAPSE OF KNEE

RISKY POSITIONS



UPRIGHT TRUNK

NO HIP ACTION

SHALLOW SQUAT

EXCESSIVE FORWARD KNEES