



3. Can I prevent future injury?



This education leaflet is designed to give you a brief and basic overview of injury prevention following anterior cruciate ligament reconstruction

Injury prevention does not just refer to acute injuries or re-rupture of the ACL, injury prevention is important for prevention of meniscus, cartilage wear and tear and all lower limb joint health.

Further information related to this topic can be found at:

semrc.blogs.latrobe.edu.au

Topics covered will include:

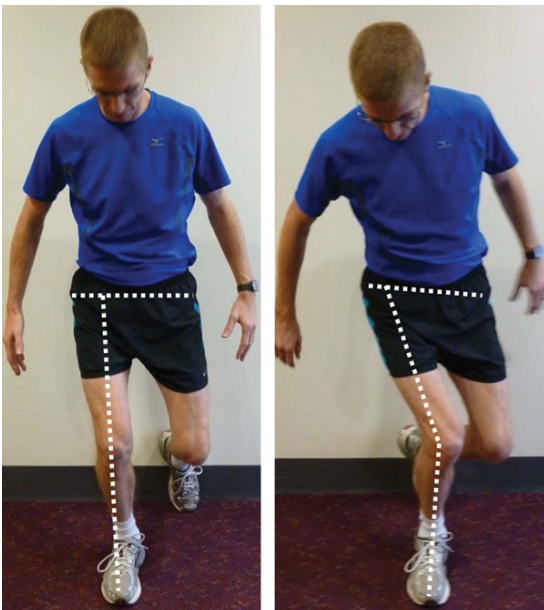
- Risk factors for re injury
- What is it and how do I do injury prevention?
- For how long?

Risk factors for re-injury

1. Returning to sport too early and not meeting “discharge criteria” prior to return to sport (see leaflet no.2)

2. “Altered movement patterns.”

People who sustain a second knee injury (re-injury/opposite leg ACL injury) land differently compared to those who do not sustain a second injury. These may include the movement patterns displayed below



A large part of rehabilitation should include retraining any poor movement patterns – see your health professional

Injury Prevention Key Point 1:

Ongoing Rehabilitation

A large part of injury prevention is maintaining an ongoing strength and conditioning program

2-3 x week to maintain strength & movement patterns in combination with your leisure activities.

The types of exercises you perform may change over your life (see your health professional for program check ups if you have symptoms/functional ability changes)

FOR LIFE?! Strength exercises are important to continue not only for general health but to optimize loads for joint health.

Further information



Website/Blog

semrc.blogs.latrobe.edu.au/category/acl



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2 – 3 x week in combination with sport/leisure activities



Injury
Programs

Prevention Key Point 2: Injury Prevention Warm Up

As well as performing your regular strength and control exercises, it is important to incorporate an **injury prevention warm up**” to fire up muscles/movement patterns before activity/sport.

Some of these programs have great videos, posters and manuals

1. **PEP program:** http://smsmf.org/files/PEP_Program_04122011.pdf
2. **FIFA 11+ program:** <http://f-marc.com/11plus/exercises/>
3. **Footy First program:** <https://footyfirstaustralia.wordpress.com/footyfirst-video-footage/>

Get your sporting club implementing them!

Further information



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Injury Prevention Key Point #3

A large part of injury prevention also includes managing fatigue and load through your body. Some key things to consider may include:

- **Body weight management**
- **Gradual increases in load** Avoid large changes in intensity/type/duration of sport/exercise. *To determine how much running or training you can safely add each week [click here to go to our calculator](#)*
- **Eat and sleep well** (see health professional if unsure)



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