

# KNEE INJURY PREVENTION FOR NETBALLERS TO ENHANCE PERFORMANCE AND EXTEND PLAY

Knees and ankles are the most commonly injured body parts of netballers and most of these injuries occur when landing. In particular injury to one of the major stabilisers of the knee, the Anterior Cruciate Ligament (ACL), is a common problem, representing roughly 25% of serious injuries annually\*.

Knowing all too well the devastation created by serious knee injuries, Netball Australia's KNEE Program is designed to prevent them occurring. Whether you are a coach to your child's netball team, high performance coach, support staff or parent, this program is designed to keep your players on the court for longer and moving more efficiently when there. As an athlete this program aims to keep you playing the sport you love without being sidelined by injury.

## WHO SHOULD DO IT?

Three tiers have been devised to target all netball populations:

- Junior (10 - 14 years)
- Recreational (14 years and above)
- Elite (players who have been identified in the Talent, Elite and Mastery category of Netball Australia's Player Pathway)

## WHAT IS IT?

The KNEE Program is a courtside warm up to assist coaches in preparing their players to train and play. It targets how to land and how to move safely and efficiently.

## WHY DO IT?

The KNEE Program is based on programs that have been proven effective in reducing lower limb injuries generally and specifically reducing ACL injuries from 40-70%. It will also improve efficiency of movement on court.

## HOW LONG DOES THE PROGRAM TAKE?

It should take no longer than 10-12 minutes each session.

## KNEE.NETBALL.COM.AU

- Can be accessed with smart phone and tablet devices
- Includes key program principles and coaching tips
- Video demonstrations with voice over on each exercise
- Downloadable resources you can take to the court