

ACL INJURY PREVENTION EXERCISES FOR TEAM HANDBALL PLAYERS - A VIDEO PRESENTATION

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The high incidence of ACL injuries in Norwegian female team handball is a considerable problem for the sport. A top-level team can expect to lose 1-2 players every season due to an ACL injury, and for the injured player there is a high risk of developing osteoarthritis. Consequently, there is a clear need for preventive strategies.

Prior to the 1999-2000 season we developed a training program with the objective of preventing ACL injuries. The program consists of three types of exercises, each with a 5-step progression from easy to more difficult. One set of the exercises was on the floor, one on a wobble board and one on a balance mat. In addition to teaching 'knee awareness' and neuromuscular control in a balancing stance, the exercises were also designed to encourage the players to do a narrower plant-and-cut maneuver and use a two-foot landing after a jump shot. The exercises have been developed based on other successful 'proprioceptive' training programs, as well as results from recent studies on the injury mechanisms for ACL injuries in team handball. Also, the exercises have been modified in close cooperation with the national coach and players in order to make them more handball-related and fun. The exercises will be presented on the congress in the form of a video.