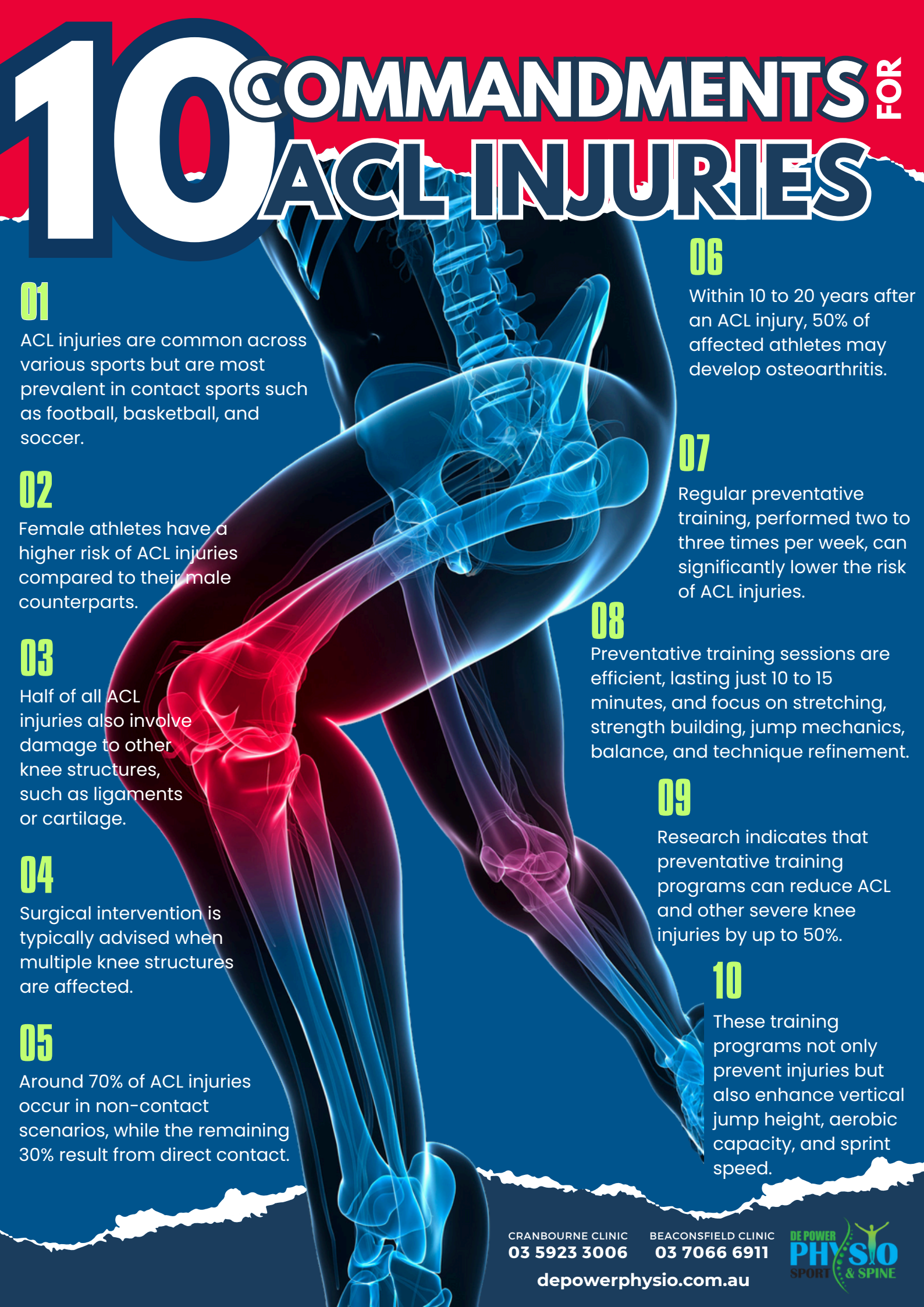
10 COMMANDMENTS FOR ACL INJURIES



01

ACL injuries are common across various sports but are most prevalent in contact sports such as football, basketball, and soccer.

02

Female athletes have a higher risk of ACL injuries compared to their male counterparts.

03

Half of all ACL injuries also involve damage to other knee structures, such as ligaments or cartilage.

04

Surgical intervention is typically advised when multiple knee structures are affected.

05

Around 70% of ACL injuries occur in non-contact scenarios, while the remaining 30% result from direct contact.

06

Within 10 to 20 years after an ACL injury, 50% of affected athletes may develop osteoarthritis.

07

Regular preventative training, performed two to three times per week, can significantly lower the risk of ACL injuries.

08

Preventative training sessions are efficient, lasting just 10 to 15 minutes, and focus on stretching, strength building, jump mechanics, balance, and technique refinement.

09

Research indicates that preventative training programs can reduce ACL and other severe knee injuries by up to 50%.

10

These training programs not only prevent injuries but also enhance vertical jump height, aerobic capacity, and sprint speed.

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