

ACL Injury Prevention Program
“It’s About The Brakes”
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theSOApodcast
Strength of America

- A. What is an ACL Injury?
- B. How does this happen?
 - A. Knee in Valgus position
 - B. Poor Running mechanics (excessive pronation of the foot)
 - C. Jumping and landing with knees shooting forward or rolling in
 - D. Poor balance of quads to hamstrings strength and mobility
 - E. Excessive pronation of foot, possible due to dropped big toe
 - F. Poor Quadricep Flexibility
 - G. Contact with another player (only 30%)
 - H. 70% from non contact
- C. How Many Occur each year?
 - A. In 1985 there was an average of 70,000 ACL Injuries
 - B. On Average for last 10 years over 250,000
 - C. 70% are from non contact
- D. Can they be “Prevented”?
- E. How to test for Potential ACL problems?
 - A. Squat Test
 - B. Snap Down Pause
 - C. Snap Down Pause Explode
 - D. Snap Down no pause
 - E. Depth Drop
 - F. Depth Drop reactive Vertical Jump
- F. After an ACL Injury Occurs and you finish therapy, are you ready to get back to practice?
- G. “Prehab” mindset
 - A. Strength and Conditioning MUST focus on the strength, flexibility, mobility and stability of a joint when training! A program that doesn’t focus on that is not a Complete program! “Control the Melon”
- H. Surface Training?
 - A. Warm up on the surface you will be training; Grass, Turf, Dirt, Court.
- I. How can we help Reduce the Risk of an ACL tear
 - A. Ankle Complex
 - A. Knee to Wall stretch
 - B. Soft Tissue Work
 - C. Airplane Leg Raise on pad
 - D. Eccentric Calf Raise
 - E. Single Leg Dumbbell Switch

- B. Specific Warm Ups to prepare the body
 - A. General Movement
 - A. Heel Walks
 - B. Heel Toes
 - C. Grapevine
 - B. Activation
 - A. Mini Band Lateral Walks
 - C. Dynamic Stretch
 - A. Lateral Lunge
 - B. Reverse Lunge with Reach
 - C. Leg Cradle Airplane
 - D. Worlds Greatest stretch
 - D. Movement Integration
 - A. Sprint to Stick
 - B. Back pedal to stick
 - C. Shuffle to Stick (each side)
 - E. Neural activation (Reactive Drill)
 - A. Shuffle with change of Direction
- C. Strength Exercises
 - A. Single Leg RDL
 - B. Single Leg Box Squat (Pistol Squat)
 - C. Eccentric Leg Curl
 - D. Single Leg Bridge with band
- D. Stronger Core
 - A. Side Plank>Leg up>1 leg on bench
 - B. Low Plank>pull through>1 leg up pull through
 - C. Roll Outs
 - D. Carries
 - E. Single Leg Pallof Press
 - F. Split Squat to Pallof Press
 - G. Reverse Lunge with Pallof Hold
 - H. Reverse Lunge Hold Pallof then up
- E. Learn how to Absorb Force then how to Apply it
 - A. Snap Down
 - B. Single leg Snap Down
 - C. Depth Drop 2 legs
 - D. Depth Drop Jump 2 legs
 - E. Depth Drop 1 leg
 - F. Single Leg Depth drop hop
 - G. Partner Jump push
 - H. 1/4 turn jumps and react
 - I. Ice skaters
 - J. Lateral bound hurdle
 - K. Banded Shuffle 2 Back 1
 - L. Banded Figure 8's
 - M. Banded Figure 8's Sprint>Back Pedal

- F. Deceleration Drills - Your Shocks and Brakes
 - A. Sprint to Vertical Jump to stick
 - B. Sprint to Vertical Jump shuffle to stick
 - C. Sprint to Vertical Jump shuffle, shuffle back to stick
 - D. Shuffle/45 degree sprint/Sprint to stick
 - E. Coach Call: Shuffle/45 Sprint/Sprint to stick
 - F. Coach Call: Shuffle/Shuffle/Back pedal/Sprint to stick
- G. Absorbing Force Multi Plane
 - A. Lateral Bound Reactive then Broad Jump
 - B. Rotational Bound
 - C. Rotational Bound Reactive
 - D. Frog Jump to Vertical Jump Stick
- H. Banded Jacket Movement
 - A. Squat
 - B. RDL
 - C. Split Stance Squat
 - D. Single Leg RDL
- I. Banded Jacket Dynamic
 - A. 2 Leg Snap Down
 - B. Snap Down Split Stance
 - C. Single Leg RDL
 - D. Snap Down Single Leg
- J. Banded Jacket Reactive
 - A. Snap Down Vertical Jump
 - B. Snap Down Double Vertical Jump
 - C. Lateral Reactive Bound
- K. Ground/Surface considerations
- L. Managing fatigue
 - A. Consider volume of practice/weights/plyos/deceleration work and plan accordingly

Email us at theSOApodcast@gmail.com with questions at anytime.

Be sure to join us for our weekly podcast show on youtube “theSOApodcast” and many regular video tips on speed, power, strength , mobility, nutrition and so much more.

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