



Female Athlete Injury Rates...

What's a Concerned Parent to Do?

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o **Injury Rates...Say It Ain't So**

We've heard the data. Female athletes 6x more likely to injure an ACL. Another study recently showed our young ladies 2x higher rate of non-contact knee injuries and more often requiring surgery. Still another study showed that for the very same sport our young female athletes have higher frequency of knee injury than their male counterparts.

Once again the Applied Functional Science concept of Planes of Motion comes in play. Numerous research REVEALS that females often land with an increase of side-side (Frontal) and twisting (Transverse) plane knee motion.

- o **Uncontrolled motion = lack of MOSTABILITY (motion + stability).**
 - At the knee the culprit is rarely the knee itself.
 - You've gotta look up to the hip and down to the foot for your first probable suspects!

Traditional exercise approaches often focus on reducing knee injuries by doing more "knee" exercises to strengthen the Quads and Hams that attach there. But that approach is just not adequate.

Remember....your knee is made up of your

- o Femur
- o Tibia

Whatever muscles attach on your Femur and Tibia will ultimately have direct impact on your knee. And that means the hip and foot-ankle function of our young female athletes are critical areas to address if we're going to reduce these knee injuries!

Female knee injury prevention MUST address the Frontal & Transverse Planes at the hip and foot-ankle.

Being explosive starts with first decelerating or absorbing forces properly. Help your female athletes develop MOSTABILITY in side to side and twisting motions at Peak Performance Sports Training!



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