

EXERCISE-BASED KNEE AND ANTERIOR CRUCIATE LIGAMENT INJURY PREVENTION: CLINICAL PRACTICE GUIDELINES

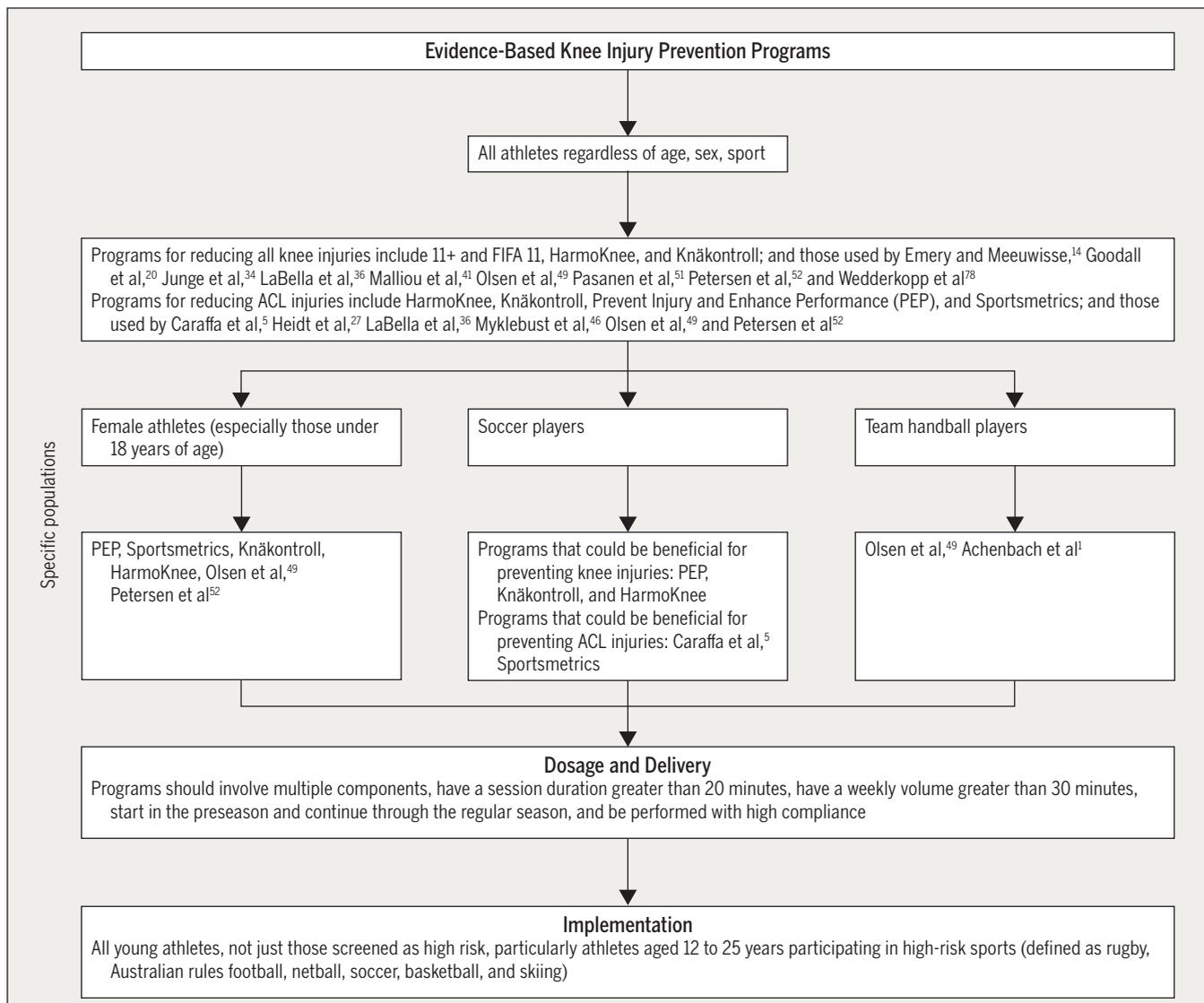


FIGURE 1. Treatment algorithm based on clinical practice guideline findings. The exercise-based knee injury prevention programs heading summarizes the programs observed to be effective when studied across populations. Below the exercise-based knee injury prevention programs heading are the specific populations. These 2 groups (exercise-based knee injury prevention and specific populations) are not mutually exclusive; all programs found in the specific populations area are also found in the exercise-based knee injury prevention area. However, the program listed for specific populations may be more effective or may have been studied in detail in that particular group. The dosage and delivery and implementation sections provide a summary of recommendations on how programs should be set up and executed.

<p>Flexibility (dynamic stretches)</p> <ul style="list-style-type: none"> • Quadriceps • Hamstrings • Hip adductors • Hip flexors • Calf 	<p>Running</p> <ul style="list-style-type: none"> • Forward running • Backward running • Zigzag running, forward and backward • Bounding 	<p>Strength</p> <ul style="list-style-type: none"> • Double-leg squat • Single-leg squat • Lunges • Nordic hamstring exercise 	<p>Core</p> <ul style="list-style-type: none"> • Prone plank • Bridges 	<p>Plyometrics</p> <ul style="list-style-type: none"> • Single-leg hopping, anterior/posterior • "Ice skaters" • Jump to header or catch ball over head (depending on sport)
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FIGURE 2. Exercises included in the 2 videos are available at <https://www.jospt.org/doi/suppl/10.2519/jospt.2018.0303>.