



ACL injuries are very prevalent in all sports. Although professional athletes have returned from surgery much sooner, studies are showing that athletes should wait at least 9 months before participating in any sporting event. This nine month period helps to reduce the risk of recurrence. However, reports state that as many as 2/3 of all ACL tears could have been prevented with an appropriate prevention program.



While some ACL injuries are unavoidable, there are several risk factors that are associated with ACL tears that can be reduced. These include: biomechanical issues (“knock knee,” poor technique with squatting, cutting, and jumping/landing), fatigue (making sure we are set up to handle the demands the sport requires) and other factors such as strength, flexibility, and stabilization.

In summary, it is important to ensure that you have good mechanics with sport specific movements. Ensure that you have trained/prepared adequately and recovered from previous workouts or sporting events prior to your next athletic event.

Performance Rehab has partnered with GSI, Kansas City Athletics Soccer Organization and All In Sports in order to ensure that we can keep all of our athletes on the field or wherever it is that you play at a reduced risk of injury and producing maximum results. We will gladly perform free consultations if you have an injury or are curious whether you are using the proper mechanics that could prevent an injury.

Please feel free to call with any questions about ACL prevention or injury prevention in general. If you would like to be assessed and given a personalized exercise program, you can meet with one of our expert Physical Therapists. We are more than happy to help assist making you and your loved ones more resilient to injury, as well as perform to their full potential.



For more information, or to set up a free consultation:
Call (913) 681-9909.

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