

ACL injury prevention program summary:

Objectives

Anterior cruciate ligament (ACL) injuries are extremely common in young athletes. In particular, they have become epidemic in alpine skiing and soccer. Although there are a number of causes that are linked to ACL injuries, one major reason is poor neuromuscular strategies. A solution to reducing the amount of ACL injuries that occur in the Sea to Sky youth is to execute a proven ACL injury prevention program (F-marc 11+).

Through collaboration with health care professionals (surgeons & physiotherapists) and strength and conditioning coaches, the objective of this project was to educate local soccer and ski team athletes and coaches in Pemberton, Whistler and Squamish about the F-marc 11+ injury prevention program. Through education, the goal of this program is to improve both short and long term health by reducing injury and subsequent osteoarthritis.

Execution

This program has been made possible by the support of the Sea to Sky Triboard Health Care Foundation.

Since the Fall of 2011, ten soccer teams have been introduced to the F-marc 11+ program in a clinic format during their practice/dryland sessions (see chart below). In addition to the clinics for athletes that were executed by a strength and conditioning coach, two clinics have been conducted with interested coaches, physiotherapists and parents so that they have a strong understanding of the program and can become a contact-person for teams in the future.

Four education seminars have been presented in Pemberton, Whistler and Squamish to the soccer and ski communities by health care professionals. The general public was invited, as was local media to extend the message of injury prevention.

TEAM NAME:	# of ATHLETES
Squamish U18 women A	8
Squamish U18 women B	12
Squamish senior womens' team	6
Whistler/Squamish travel soccer team U16 (girls)	16
Whistler Ski club FIS team (mixed)	20
Whistler U14 boys team A	11
Whistler U14 boys team B	9
Whistler U18 girls team	10
Pemberton U18 girls team	12
Pemberton U18 boys team	18
	122 total

Future Directions

- A follow up questionnaire/survey will be conducted once the teams have completed a full season with the F-marc 11+ warm up to measure successes, injury rate and ease of program execution.

- Creating a partnership between the soccer associations and ski club (eg. associations can incorporate the costs of executing this injury prevention program into the athlete registration fees) would ensure program commitment, success and longevity.
- Conducting clinics with coaches and interested local health care professionals would ensure the program was being taught/monitored by trained local individuals who could ensure the quality of the program would be maintained at every session.