

Jump Techniques

JUMP RIGHT

Program may lower ACL injury risk in female athletes

Female athletes are two to eight times more likely to sustain ACL injuries than men competing in the same sport. Research shows that females tend to change direction (“cut,” “jump” and “jump stop”) differently than males, and it is those types of maneuvers that are often implicated in the dreaded “noncontact ACL tear,” says Susan Joy, M.D., director of Women’s Sports Health at The Cleveland Clinic.

Studies of female athletes at the high school and collegiate levels have demonstrated that supervised training programs designed to improve leg strength and jump-landing technique may decrease ACL injury rates in volleyball and basketball players, Dr. Joy says. Emerging data suggest similar improvements in soccer players as well. Programs to improve lower body and trunk strength that subsequently retrain jumping and cutting mechanics seem to decrease the risk of ACL tear in girls and young women who participate in the program compared to those who don’t.

To that end, Cleveland Clinic Sports Health now offers a jump training program – Jump-Right – that is designed to retrain how female athletes jump and land, to improve jumping and landing mechanics and increase leg strength, which may decrease the risk of serious knee injuries.

The six- to eight-week program is aimed at teaching female athletes proper jumping and landing mechanics, beginning with fundamental warm-up and jumping techniques, and gradually progressing to advanced-level plyometrics.

In addition to injury-risk reduction, our Jump-Right program may enhance athletic performance. Plyometric programs have been shown to increase vertical jump, improve acceleration and improve the ability to change direction. All of these factors are instrumental to an athlete’s success.

For more information on the Jump-Right Training program, call 216/444-6000.

Training programs designed to teach, strengthen and condition women to land properly may significantly decrease the risk of ACL injury. Illustrations show proper landing technique vs. improper landing.



Proper



Improper