



DISCOVER™
Movement
KNEES 4 SPEED



CONDITIONING & INJURY PREVENTION FOR YOUTH FEMALE ATHLETES



Discover Movement is launching the '*Knees 4 Speed*'-program, a **specialized conditioning and injury prevention program**. The training focuses on athletic development and injury prevention and is targeted particularly to young female athletes.

Knees 4 Speed –program utilizes a variety of conditioning and injury prevention strategies in order to help athletes reach their performance potential and to stay healthy in the process.

4 CORNER STONES OF TRAINING IN THE *KNEES 4 SPEED* -PROGRAM

1. Activation and strengthening of the hip in all planes



The hip musculature has a huge role in controlling the movement of the knee. Without a **comprehensive activation and strengthening program for the hip**, the knee often remains weak and "defenseless" against the forces of deceleration when landing from a jump or when quickly changing direction.

2. Turning the lazy foot into a great team player



The foot is the only connection to the ground for most of the athletes. At the same time, it is often one of the weakest areas of the athlete's body. With its 26 bones, 33 joints and two dozen muscles it definitely requires more of our attention.

A weak foot and ankle can not translate the ground reaction forces optimally and guess who has to pay for it? Well, yes, the knee and also the hip and even the spine. So, training the foot into a better team player helps the knee to do its job more safely.

3. Building a strong core in the upright position



Stability and dynamic control in the **core** region contributes to the stability and control of the knee as well. The functional strength initiates from the inside out and spreads from the center to the extremities.

The core training that helps the knee the most has **very little to do with sit-ups or crunches**. That is why the abdominal wall needs to be trained with the **body position and the task of the sport** in mind.

4. Improving movement mechanics for efficiency



Improving movement mechanics in the context of preventing knee injuries basically means improving the skills of **running, jumping, hopping, landing and change of direction**. The emphasis is on the word **SKILL**. Fundamental movement patterns, such as squatting, lunging and single leg exercises are also part of improving overall movement mechanics.

TO SIGN UP OR TO GET MORE INFORMATION, CONTACT

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