

Osteoarthritis: Staying in the game is a 'joint' effort!

The Osteoarthritis Action Alliance: ACL & Lower Limb Injury Prevention Task Force

- Osteoarthritis (OA) is a joint disease in which protective cartilage breaks down and wears away, allowing bones to rub together.
- Over time OA of the knee can make physical activities, such as walking, difficult and can significantly limit one's quality of life.
- Many treatments, including operative and non-operative options, exist for treating OA.



IMPACT NUMBERS

OA affects approximately

30+ Million

U.S. adults.

INJURIES

Individuals with history of
knee injury are

3-6x

more likely than those
without history of knee injury
to develop signs of OA.

DOWN THE LINE

Up to

50%

of individuals with an ACL
injury will develop knee OA
within 10-15 years.

KEEP ATHLETES ACTIVE

Neuromuscular training
exercises can reduce the risk
for ACL and other traumatic
knee injuries by up to

80%

The Task Force identified 7 core components of neuromuscular training



Lower extremity &
core strengthening



Attention to participant
compliance



Plyometric jump
training



Minimal or no
equipment needed



Balance training



Consistent feedback on
proper technique



Appropriate Dosage: minimum of 15 sessions over
6 weeks (2-3x/week) for at least 15 minutes per
session

