

## **Prevention of Knee injuries in Netball**

Depending on which sport is involved, female athletes have been shown to be at between 4-8 times the risk of suffering a serious knee injury compared to males of similar age. 25% of serious netball injuries are to the knee.

Netball Australia has published a series of Warm-up exercises designed to help in the prevention of knee and ankle injuries. You can view these exercises by clicking on the relevant links below. See page 2 - 3 for links to video demonstrations of these exercises for the recreational player.

Explanation of Programme:

<http://knee.netball.com.au/about/>

### **For Junior Players (under 14 years)**

Manual:

[http://knee.netball.com.au/wp-content/uploads/2015/06/NET5359\\_Netball\\_Aus\\_JuniorProgram\\_Manual\\_07.pdf](http://knee.netball.com.au/wp-content/uploads/2015/06/NET5359_Netball_Aus_JuniorProgram_Manual_07.pdf)

Guide:

[http://knee.netball.com.au/wp-content/uploads/2015/09/NET5359\\_Netball\\_Aus\\_Junior-Program-Guide\\_LR.pdf](http://knee.netball.com.au/wp-content/uploads/2015/09/NET5359_Netball_Aus_Junior-Program-Guide_LR.pdf)

### **For Recreational Players (also see video links below)**

Manual:

[http://knee.netball.com.au/wp-content/uploads/2015/07/NET5359\\_Netball\\_Aus\\_RecreationalProgram\\_Manual\\_LR.pdf](http://knee.netball.com.au/wp-content/uploads/2015/07/NET5359_Netball_Aus_RecreationalProgram_Manual_LR.pdf)

Guide

[http://knee.netball.com.au/wp-content/uploads/2015/06/NET5359\\_Netball\\_Aus\\_RecreationalProgramGuide\\_06.pdf](http://knee.netball.com.au/wp-content/uploads/2015/06/NET5359_Netball_Aus_RecreationalProgramGuide_06.pdf)

### **For Elite Players**

Manual:

[http://knee.netball.com.au/wp-content/uploads/2015/07/NET5359\\_Netball\\_Aus\\_EliteProgram\\_Manual\\_Low-res.pdf](http://knee.netball.com.au/wp-content/uploads/2015/07/NET5359_Netball_Aus_EliteProgram_Manual_Low-res.pdf)

Guide:

[http://knee.netball.com.au/wp-content/uploads/2015/06/NET5359\\_Netball\\_Aus\\_Elite-Program-Guide\\_07.pdf](http://knee.netball.com.au/wp-content/uploads/2015/06/NET5359_Netball_Aus_Elite-Program-Guide_07.pdf)

## **Video Demonstrations (Recreational Programme)**

### **Warm-up / Footwork**

<http://knee.netball.com.au/vimeo-video/jog-forwards-backwards/>

<http://knee.netball.com.au/vimeo-video/walking-as/>

<http://knee.netball.com.au/vimeo-video/butt-flicks-forwards-backwards/>

<http://knee.netball.com.au/vimeo-video/side-skip-squat/>

<http://knee.netball.com.au/vimeo-video/forward-backward-shuffle/>

<http://knee.netball.com.au/vimeo-video/forwards-backwards-lateral-shuffle/>

<http://knee.netball.com.au/vimeo-video/walking-lunge/>

<http://knee.netball.com.au/vimeo-video/walking-hamstrings-gluteals/>

<http://knee.netball.com.au/vimeo-video/hip-rotation-walk/>

<http://knee.netball.com.au/vimeo-video/walking-quadriiceps/>

### **Strength**

<http://knee.netball.com.au/vimeo-video/quadriiceps-reverse-lunge-drive/>

<http://knee.netball.com.au/vimeo-video/quadriiceps-squats/>

<http://knee.netball.com.au/vimeo-video/gluteals-hamstrings-arabesque/>

<http://knee.netball.com.au/vimeo-video/gluteals-hamstrings-bridge/>

<http://knee.netball.com.au/vimeo-video/core-plank/>

<http://knee.netball.com.au/vimeo-video/core-side-plank/>

### **Balance / Landing**

<http://knee.netball.com.au/vimeo-video/jump-land-technique-double-leg-single-leg-2/>

<http://knee.netball.com.au/vimeo-video/double-leg-rotation-180/>

<http://knee.netball.com.au/vimeo-video/double-leg-crosses/>

<http://knee.netball.com.au/vimeo-video/double-leg-partner-push/>

<http://knee.netball.com.au/vimeo-video/single-leg-partner-push/>



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<http://knee.netball.com.au/vimeo-video/single-leg-slaloms-run-on/>

<http://knee.netball.com.au/vimeo-video/single-leg-surprises/>

<http://knee.netball.com.au/vimeo-video/repeated-effort-repeated-diagonal-crosses/>

<http://knee.netball.com.au/vimeo-video/repeated-effort-x3-step-slaloms/>

<http://knee.netball.com.au/vimeo-video/repeated-effort-x3-side-step/>

<http://knee.netball.com.au/vimeo-video/repeated-effort-tuck-jump/>

### **Agility**

<http://knee.netball.com.au/vimeo-video/running-tech-forward-bound/>

<http://knee.netball.com.au/vimeo-video/running-tech-defensive-shuffle/>

<http://knee.netball.com.au/vimeo-video/deceleration-technique-sliding-shuffle/>

<http://knee.netball.com.au/vimeo-video/deceleration-technique-partner-ball/>

<http://knee.netball.com.au/vimeo-video/change-of-direction-lateral-shuffle/>

<http://knee.netball.com.au/vimeo-video/netball-plane-y-drill-deceleration/>

<http://knee.netball.com.au/vimeo-video/netball-plane-y-drill-change-of-direction/>

<http://knee.netball.com.au/vimeo-video/netball-plane-y-drill-partner-ball/>

<http://knee.netball.com.au/vimeo-video/team-y-drill-ball/>