

ACL Injuries and Awareness

The ACL connects the Quadriceps Femoris Tendon and the Patellar Ligament and is your weakest link when skiing. This ligament can easily rip or tear when you are skiing with bad form or are trying to recover from a fall.

ACL injuries are responsible for more than 90% of employee's missing a ski season. Your fellow workers have experienced ACL injuries skiing in all conditions from fresh powder, thick and heavy snow, hard pack and even standing and picking up gear or ski school students.

All ACL injuries require surgery and take approximately 12 months of therapy and healing before you will be able to return to the slopes.

ACL injuries are the biggest direct cost to ski resorts averaging over \$100,000 paid out per ski season. That translates into less money for new equipment, pay raises and your bonus!

How can I (You) save this season and not tear my ACL?

Keep Your Hips Above Your Knees

- Keep your hips above your knees to reduce the likelihood of sitting back. This is an important practiced response strategy.
- When your hips are lower than your knees you will be in a sitting position with your weight to the rear. This places greater strain on your ACL.

Use a Strong Stable Stance

- When you use a strong stable stance, with weight slightly forward, hands out in front, and knees flexed, no excessive strain is placed on the ACL.
- A strong stable stance helps to maintain an even balance over both skis and to keep your weight slightly forward.
- This allows the skier to better react to terrain changes and changing snow conditions.