

NETBALL

REDUCE YOUR INJURY RISK

ACL

Injuries accounted for **1/3** of all reported netball injuries in 2016

SOURCE: Netball Australia Knee Program - www.netball.com.au

@FLOWPHYSIOCO

NETBALL

REDUCE YOUR INJURY RISK

At an estimated cost of

\$5million

SOURCE: Netball Australia Knee Program - www.netball.com.au

FLOW PHYSIO CO

NETBALL

REDUCE YOUR INJURY RISK

4-6 X

Females are 4 to 6 times more likely to suffer an **ACL injury** than males

NETBALL

REDUCE YOUR INJURY RISK

15-18

The highest risk group is
females aged 15-18 years

NETBALL

REDUCE YOUR INJURY RISK

40% return to pre-injury level,
25% to lower level and 30% do
NOT return at all

NETBALL

REDUCE YOUR INJURY RISK

The KNEE program may help to
reduce *ACL* injuries by

40-70%

SOURCE: Netball Australia Knee Program - www.netball.com.au

NETBALL

REDUCE YOUR INJURY RISK

KNEE

program is designed to reduce injury risk and keep players moving more efficiently

SOURCE: Netball Australia Knee Program - www.netball.com.au

@FLOWPHYSIOCO

NETBALL

REDUCE YOUR INJURY RISK



Did you know Joel is an
accredited Netball KNEE
Provider

@FLOWPHYSIOCO

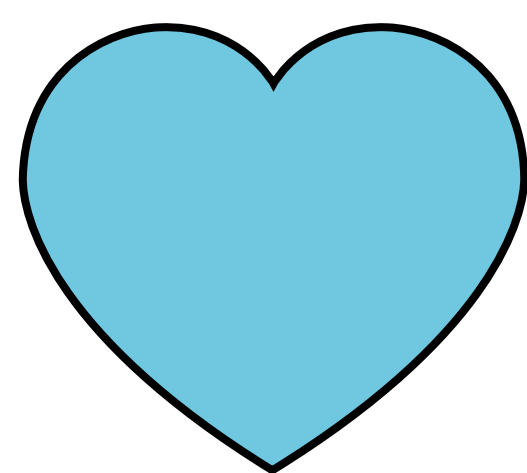
NETBALL

REDUCE YOUR INJURY RISK

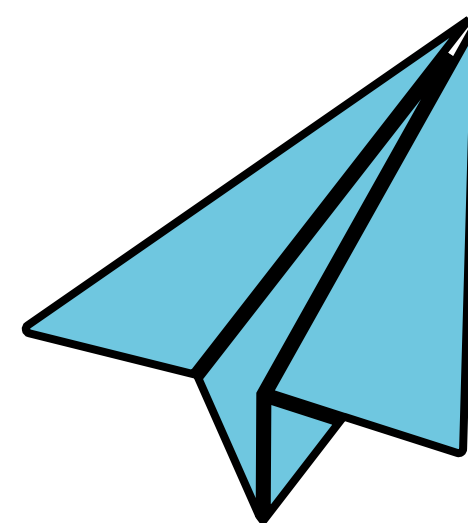
Know someone who could use
this info?

NETBALL

REDUCE YOUR INJURY RISK



Like



Share



Comment

@FLOWPHYSIOCO

FLOW PHYSIO CO