

# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

## THE BODYGUARDS OF THE ACL

When you suffer a knee injury, most physical therapists will have you doing lots of work to strengthen the glutes, quadriceps, hamstrings, and core muscles. These are also muscles that can be strengthened to prevent injury. Here's why:

- The hamstring muscles are protective knee stabilizers.
- Strong hamstrings reduce knee injury risk by preventing the knee from moving too far forward or backward.
- Weak quadriceps muscles are clinically known as risk factors for non-contact ACL injuries.
- The ability to control body movement from a strong core can help relieve pressure and stress on the muscles surrounding the knee.
- Glute activation helps the hips produce an external rotation. An internal rotation places more stress on the ACL.



@mandelbaummd



@DrBertMandelbaum



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