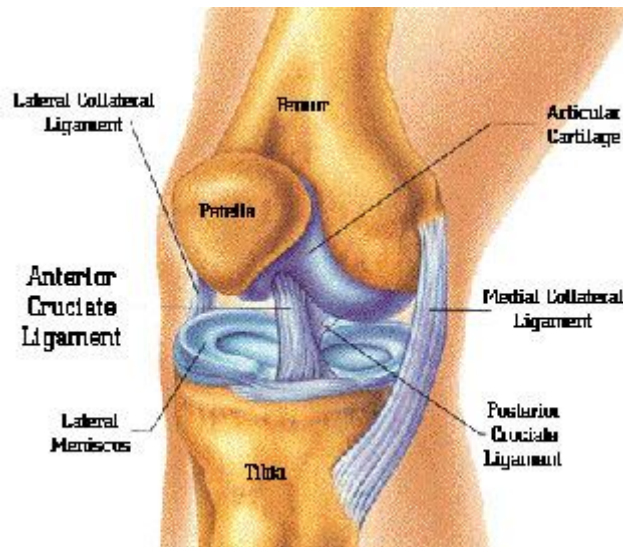


# THE KNEE

by Scott Tribby 09\_01\_06

Of all the debilitating and excruciating injuries in sports, those to the knee always seem to be the most gruesome and spectacular. Knee injuries have sidelined the careers of many athletes, whether from a single incident or years of wear and tear that is unrepairable. Although medical technology has increased rapidly in recent years (and continues to), it's still a serious injury. While not completely unavoidable, there are measures that can be taken to ensure that the knee is as strong and healthy as possible.

There are two types of injury to the knee: acute and chronic. Acute injuries are typically caused by either a blunt blow to the area, or a sudden change of direction in which the forces are too great for the tissue to withstand. Chronic injuries are those that develop over time, and have a tendency to be overlooked until the symptoms have become unbearable. While acute injuries are typically what we think of when it comes to knee injuries (mostly because of media attention), chronic conditions are much more common in both athletes and the general public.



Acute injuries include: ligament tears (ACL, MCL, PCL), meniscus tears, patella tendon damage, etc. Chronic injuries develop over time and include: chondromalacia, tendonitis, worn meniscus, patella maltracking, inadequate joint fluid production, etc. Each has a hand in helping to create the other. Chronic injuries can create an imbalance that leads to compromised structure or function, thus making it more likely to sustain an acute injury. Acute injuries tend to create changes in function and structure that if not corrected during the rehab process, can lead to more chronic conditions.

If you think that you might have some sort of injury to your knee, whether acute or chronic, consult a physician immediately. Not doing so could have very dire consequences on your ability to perform in the future. Here are some things that you can do to keep your knee healthy and thus reduce the risk of injury:

- take both an Omega EFA and MSM supplement to help promote healthy fluid production
- when performing resistance exercises, ensure that your knee stays in-line with your foot/toes and does not sway to either side
- avoid heavy leg extensions, for they put an undue amount of stress on the joint. in my opinion, the leg extension is only good for those rehabing from a knee injury who need to do very high reps with low weight
- properly develop both the anterior and posterior muscles of the leg. a severe imbalance between the two will affect the mechanics of the knee
- stretch both your quads and hamstrings daily

SCOTT TRIBBY

Connecticut | [stribby@renegadetrainer.com](mailto:stribby@renegadetrainer.com)

Scott is both a Sports Performance Coach and Licensed Massage Therapist that has worked with clients from every background. For the past 6 years he's helped elite athletes in a myriad of different sports (lacrosse, hockey, wrestling, tennis, soccer) achieve a high level of success, as well as those clients who are seeking to better their fitness and lead more productive, fulfilling lives.

Having also worked as a therapist in clinical settings, he also has experience dealing with clients who are injured and undergoing rehabilitation. By pairing these two skill sets with one another, Scott's overall philosophy is one that focuses on long-term health, maximum functionality and injury prevention. He is a firm believer that hard work pays big dividends, and is with his clients every step of the way to ensure that they achieve what they've set out to.

Certifications: Renegade Training Certified Trainer, NCBTMB Nationally Certified Massage Therapist.

Specialties: Sports performance and conditioning, Structural Integration, rehabilitative training, movement & postural analysis.