

# The Dreaded ACL

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I am sure every New England Patriot fan is just sick over the terrible knee injury suffered by Wes Welker. I happened to catch it on ESPN and thought to myself, “that should have never happened”. When an injury is a non-contact off a semi-sharp, but more of a speed cut, something had to fail in the kinetic chain to cause this injury. I am certainly not sitting here saying I have the answer, but any time I see this type of injury I always want to know what type of training is this athlete following.

When an athlete has a non-contact injury somewhere along the kinetic chain, from the feet to the head, something isn't working the correct way. Even if an athlete catches his or her foot wrong on the turf, the body should be able to transfer forces- but sometimes it obviously doesn't.

My thoughts... Did Wes have great mobility from the ankles which start the transferring of ground forces?

Are his hips mobile and strong in a functional way to support proper movement of the knee during planting? Everyone thinks the knee doesn't or shouldn't move, but it does. The movement may be small, however when the femur and the tibia/fibia rotate internally or externally upon one another that is movement. In order for the hips and ankles to function properly, the knee has to allow the subtle but extremely important movements. If these movements are not properly in sync, then the knee can take the hit.

My other thought was, “does he train a lot with machines or other strategies that don't allow for proper transfer of forces through the entire body”...which machines do not allow.

I wonder if Wes trained speed and agility in such a way that his body was put in all kinds of multi-directional speed patterns forcing him to adapt. It doesn't matter if he is an older athlete. Over the years, I have found it doesn't matter the age of the athlete. They all learn and benefit at any age. The body is marvelous at adapting.

I am not sure the real cause of Wes' injury, but I hope his recover training is very much focused on making his body adapt to as many possible movement patterns available...which is a ton.

Good luck Wes on getting better!

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