

## **Supplementary Online Material**

Kiani A, Hellquist E, Ahlqvist K, Gedeberg R, Michaëlsson K, Byberg L. Prevention of soccer-related knee injuries in teenaged girls. *Arch Intern Med.* 2010;170(1):43-49.

eAppendix.

This supplementary material has been provided by the authors, and is used with their permission, to give readers additional information about their work.

# WARM-UP

(at least 10 min)

## 3. High knee skipping

(~ 30 sec)



Wrong



## 1. Jogging

(≥ 4-6 min)



Wrong



## 4. Defensive pressure technique

(~ 30 sec)

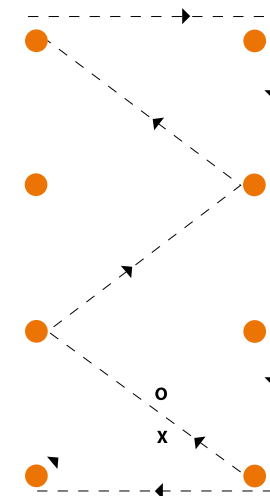
## 5. 1 and 1

(≥ 2 min)

Defensive pressure technique



1 and 1



X = attacker  
O = defender

## 2. Backward jogging

(~ 1 min)



Wrong



# MUSCLE ACTIVATION

(~ 2 min)

1. Activation of calf muscle



2. Activation of quadriceps muscle



3. Activation of hamstring muscle



4. Activation of hipflexor muscle



5. Activation of groin muscle



6. Activation of hip and lower back muscle



# BALANCE

(~ 2 min)

## 1. Forward and backward double leg jump

(~ 30 sec)



Double leg jump with or without ball  
(optional)



Wrong

## 2. Lateral single leg jump

(~ 30 sec)



Wrong

## 3. Forward and backward single leg jump

(~ 30 sec)



Wrong

# STRENGTH

(~ 4 min)

## 1. Walking lunges

(~1 min)



Wrong

## 2. Hamstring curl

(~ 1min/player)



Wrong

## 3. Knee squat with toe rasies

(~ 1 min)



Wrong

## CORE STABILITY

(~ 3 min)

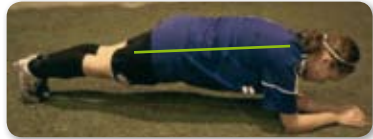
### 1. Sit-ups

(~ 1 min)



### 2. Board

(~ 1 min)



### 3. Bridging

(~ 1 min)



Wrong



Wrong



Wrong

## PROPER AND IMPROPER PATTERN OF MOVEMENT WHEN:

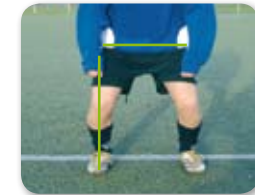
### Take off

### Landing

### Cutting

#### Proper (right)

- Slightly flexed knees
- Straight line hip-knee-foot
- Low body-centre of gravity



#### Improper (wrong)

- Straight knees
- Kissing knees
- Straight upperbody

