

## **M.I.R.A.C.L:**

### **A.M.P Solution (3 components)**

**A.SSESS** your risk for ACL injury using the Landing Error Scoring System (LESS). Experts will assess your vertical jumps.

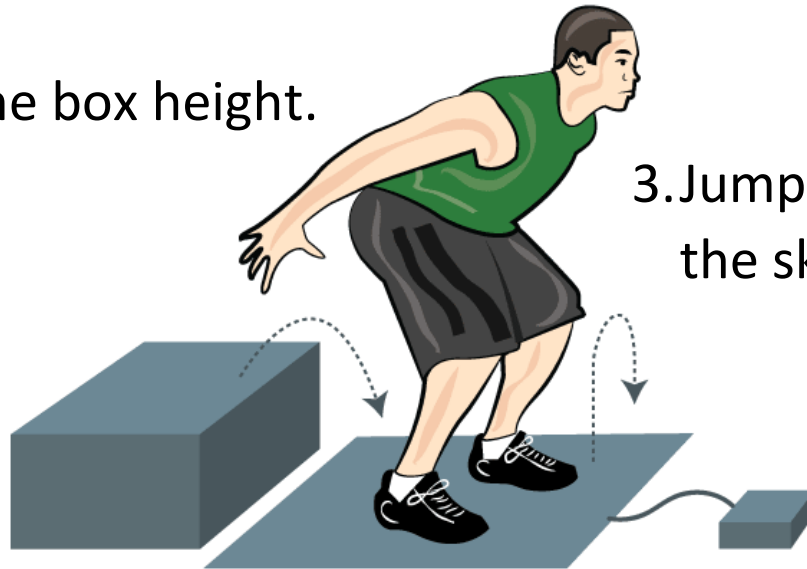
**M.ovie** – the situational awareness video will teach about the risks involved, mechanisms of injury and mentally prepare you before hitting the slopes. The movie will be watched several times over the course of season to maximize memory retention.

**P.E.P** – an exercise program called: (PEP) Prevent Injury: Enhance Performance will teach you neuromuscular control. This 15-20 minute exercise program will be delivered preseason.

# **Risk Assessment:**

## **Landing Error Scoring System**

1. Jump from the box height.



3. Jump again reaching the sky.

2. Land softly on feet

**Tips:** keep knees bent, knee should not be bent over your toes, knees should not be facing inward/outward, keep back straight as possible.

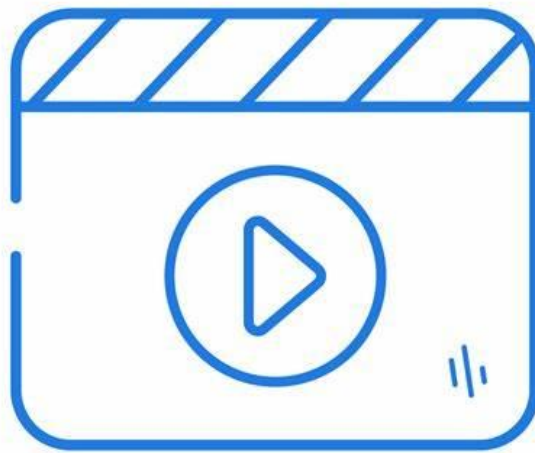
**Note:** Your videos will be reviewed by experts and scored using LESS. They will assess whether you are **HIGH** risk or **LOW** risk based on your jump.

# **Situational Awareness Video**

Watch the video available at [www.miracl.ca](http://www.miracl.ca)

1. Before the preseason
2. After the PEP program
3. Once a month during the ski season

**Note:** These videos outline your risks with skiing, mechanisms of injury, testimonials, and to situate your environment before skiing. **Watching these videos are important for memory retention.**



# PREVENT INJURY ENHANCE PERFORMANCE (P.E.P)

## WARMUP

Keep knees bent to minimize impact.  
30 seconds per exercise



Jog line to line



Shuttle Run



Backward Running

**TIP: Do not skip warm-ups!**  
Warm-ups are a critical part of the training program

## PLYOMETRICS

Keep knees bent to minimize impact.  
30 seconds per exercise



Lateral Hops



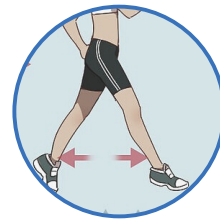
Forward Hops



Single-Leg Hops



Vertical Jumps



Scissor Jumps

## STRETCHES

30 seconds x 2 repetitions every exercise



Calf



Quadriceps



Inner-Thigh



Hip Flexor



Figure 4 Hamstring

## STRENGTHENING

30 seconds x 2 repetitions every exercise



Lunges



Russian Hamstring



Single-Toe Raises

**Purpose: increased leg strength and a more stable knee joint.**

**Technique is everything!**

## AGILITIES

30 seconds x 2 repetitions every exercise



Forward Run



Diagonal Run



Bounding Run

**Learn to accelerate and decelerate**  
**Technique is everything!**