

Five Things to Know About **KNEE INJURIES**

Preventative training programs for the knee have been shown to improve an athlete's vertical leap, aerobic fitness and sprint speed.



50% of injuries in the NFL are leg/knee injuries.



People 15-24 years of age have the **highest knee injury rate.**

15% of all high school sports-related injuries are to the knee.



About **50%** of all high school sports injuries that require orthopaedic surgery involve the knee.



The Orthopaedic Institute at St. Elizabeth: A partnership between St. Elizabeth Healthcare, St. Elizabeth Physicians and OrthoCincy Orthopaedics & Sports Medicine.

Infographic provided by The Orthopaedic Institute at St. Elizabeth. Source: The National Athletic Trainers' Association.