

Meet our 'Netball Australia KNEE Program' endorsed Physiotherapists

Knee are the most commonly injured body part of netballers. Injury to one of the major stabilisers of the knee, the Anterior Cruciate Ligament (ACL), is a common problem, annually representing approximately 25% of serious injuries (Netball Australia National Insurance Data). The Netball Australia KNEE Program was developed with the support of the Australian Institute of Sport and is designed to reduce the incidence of these injuries occurring.

Recently Netball Australia announced that as part of the KNEE Program, it is looking to establish a network of physiotherapists proficient in delivering the program nationally. The completion of a course run by Netball Australia qualifies the physiotherapist as an Endorsed Provider of the program.

We are pleased to announce our two Netball Australia KNEE Program endorsed Physiotherapists – [Emma Iacovou](#) and [Ellie Russo](#).



ELLIE
RUSSO



EMMA IACOVOU

[Emma](#) and [Ellie](#) are both experienced Physiotherapists and netball players themselves. They currently treat many of the [Peninsula Waves](#) players and are passionate about the prevention of knee injuries in netball.

WHAT IS THE KNEE PROGRAM?

The KNEE Program is a warm up program designed to enhance movement efficiency and prevent injury. It targets how to land and how to move safely and efficiently.

Whether you are a coach to your child's netball team, high performance coach, support staff or parent, this program is designed to keep your players on the court for longer and moving more efficiently when there.

As an athlete this program aims to keep you playing the sport you love without being sidelined by injury.

WHO SHOULD DO IT?

Three tiers have been devised to target all netball populations:

- Junior (11 – 14 years)
- Recreational (14 years and above)
- Elite (players who have been identified in the Talent, Elite and Mastery category of Netball Australia's Player Pathway)

WHY DO IT?

The KNEE Program is based on programs that have been proven effective in reducing lower limb injuries generally and specifically reducing ACL injuries from 40-70%. It will also improve efficiency of movement on court.

HOW LONG DOES THE PROGRAM TAKE?

The program should take no more than 10–12 minutes to complete. Research indicates it needs to be done for a minimum of 10 weeks, 2-3 times per week to be most effective.

For more information or to make an appointment with Emma or Ellie you can [BOOK ONLINE](#) or call Langwarrin Sports Medicine Centre on [9789 1233](#).

**Information above has been adapted from information provided at www.knee.netball.com.au and www.netball.com.au*