

Mayo Clinic Minute: Landing a jump properly prevents injury

Video	Audio
	"Whenever you're starting a new sport, you always want to work your way into it."
	Sports medicine orthopedic surgeon Dr. Kelechi Okorooha says one of the most important things athletes can do to avoid injury when starting a new sport is to master the movements.
<p>Kelechi Okorooha, M.D. Orthopedic Surgery Mayo Clinic</p>	"It's important to emphasize proper mechanics when doing these sporting activities."
	For jumping athletes, such as football or basketball players, common injuries can come from not landing properly.
	"A lot of times when athletes land, they have either weakness in their hips or their knees, and they land in a valgus, or knock-kneed position."
	Landing in this way can lead to an increased risk of ACL and meniscus injuries.
	"To prevent that, you want to pair with a physical therapist to do jump training to make sure you're landing straight and not in valgus."
	"This is what landing normally should look like."
	Once you have the proper mechanics down, it's important to strengthen those muscle movements through practice.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.