



**Prize Winner**

# Science Writing Year R-2

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# HOW TO AVOID AND TREAT SOCCER KNEE INJURIES

*By Remy Fleetwood*



**DID YOU KNOW?**

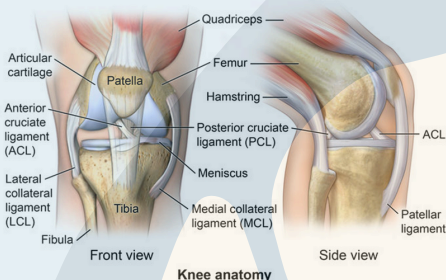
46% of all soccer injuries are knee injuries

## What is the knee made up of?

The knee is the body's biggest joint.

Ligaments strengthen the joint.

The cartilage in the knee cushions the joint and helps it move smoothly.



## What knee injuries can soccer players get?

1. An anterior cruciate ligament (ACL) tears.
2. Meniscus injuries.

These can result from sudden stops, changes in direction, or collisions on the field.



## What can players do to prevent injuries?

1. To prevent injuries you can do a warm up cool down routine.
2. Fitness workouts like squats, lunges and core workout.
3. Nutrition things like vitamin c and e, and omega 3 fatty acids also help.



### References

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