



**Eccentric Flywheel Training:**

# **Accelerating ACL Recovery**

Stojanovic et al. (2023)



# ACL Injuries

ACLs are a high occurrence injury, particularly in sports that utilize actions such as deceleration, jumping, and change of direction, **basketball, rugby, handball or football** such examples.



# Program

Both the flywheel resistance training (FRT) and traditional resistance training (TRT) groups were given 6 exercises with the focus specific to that groups assigned training method, whether that was traditional or flywheel. Over 6 weeks the sets and reps were increased, whilst still sticking with the same exercises and intensities.



# Outcomes

Greater improvement ( $p < 0.05$ ) in athletic outcomes as shown in the table were observed for the FRT group.

Variable	Flywheel (%)	Traditional (%)
Isometric Semi-Squat	28.1	15.1
CMJ	12.9	6.7
Single Leg CMJ	23.8	13.7
Hop	23.9	8.1
Triple Hop	14.3	5.3

# Take Home Message



Stojanovic et al (2023) concluded that,

**“It seems that flywheel strength training can be recommended in late-stage ACL recovery for professional team sport athletes **in order to regain recommended performance outcome levels faster.**”**

