

Preactivity Screening

You are a junior high school girls' soccer coach planning off-season practice and tryouts. You are familiar with the research on the higher risk of ACL injuries in maturing young women compared to men. Should some of your warm-up, conditioning, or even direct testing of these athletes be specifically targeted to evaluating potential risk for this injury? To what extent do positive indicators for risk factor into decisions on making the team? Future practice and conditioning?

1. **Preparation:** What knowledge do you need to gather about the movement, the performer, and the situation in preparing for QMD of this case? Why?

2. **Observation:** What would be an effective systematic observational strategy (SOS) for gathering information for QMD? Is there a need for extended observation? Why?

3. **Evaluation and diagnosis:** What evaluation method (e.g., sequential or mechanical) and rationale for diagnosing performance would be most effective in this case? Why?

4. **Intervention:** What mode of intervention would likely be best? Why?