

Regular Session, 2009

HOUSE CONCURRENT RESOLUTION NO. 46

BY REPRESENTATIVE WILLMOTT

A CONCURRENT RESOLUTION

To urge and request the governing authority of each public and state-approved nonpublic high school to collect statistical data relative to students' anterior cruciate ligament (ACL) injuries, with an emphasis on noncontact ACL injuries, and incorporate exercises from the Prevent Injury and Enhance Performance program (PEP) into athletic training programs as the governing authority deems necessary.

WHEREAS, the Prevent Injury and Enhance Performance program, known as PEP, may help to reduce the risk for anterior cruciate ligament (ACL) injuries; and

WHEREAS, ACL injuries are serious knee injuries that can leave student athletes on the bench for extended periods of time and sideline their future athletic careers; and

WHEREAS, research has shown that the rates of noncontact ACL injuries are much higher in female athletes, and PEP exercises have been shown to significantly reduce such injury rates; and

WHEREAS, PEP exercises address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint; and

WHEREAS, PEP is designed to help athletes prevent noncontact ACL injuries without a significant investment in equipment or time; and

WHEREAS, in the effort to reduce ACL injury rates and protect the health and safety of Louisiana's students, it is vital that statistical data relative to students' ACL injuries be collected and that this PEP series of stretching, strengthening, flexibility, and balance exercises be incorporated into athletic training programs at Louisiana's high schools as necessary.

THEREFORE, BE IT RESOLVED that the Legislature of Louisiana does hereby urge and request the governing authority of each public and state-approved nonpublic high school to collect statistical data relative to students' anterior cruciate ligament (ACL)

injuries, with an emphasis on noncontact ACL injuries, and incorporate exercises from the Prevent Injury and Enhance Performance program into athletic training programs as the governing authority deems necessary.

BE IT FURTHER RESOLVED that such data shall include but not be limited to the date of the injury, the age and gender of the injured athlete, whether the injury occurred as the result of knee contact (contact injury) or no knee contact (noncontact injury), and the type of sport played when the injury occurred.

BE IT FURTHER RESOLVED that copies of this Resolution be transmitted to the state superintendent of education and to the chair of the Nonpublic School Commission.

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SPEAKER OF THE HOUSE OF REPRESENTATIVES

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PRESIDENT OF THE SENATE