

Lindsey Vonn

At the first race of the 2013 World Championships in Schladming, Austria, Vonn crashed in the super-G and was airlifted to a nearby hospital. She tore her anterior cruciate ligament and medial collateral ligament in her right knee, with a tibial plateau fracture. Vonn said she would be ready for the 2014 Winter Olympics despite her injury.



In November 2013, returned to training and Vonn re-injured her right knee straining it and partially tearing her right ACL after a crash during training. Vonn announced that she would not compete in the Sochi 2014 Winter Games because she had re-injured her right knee.

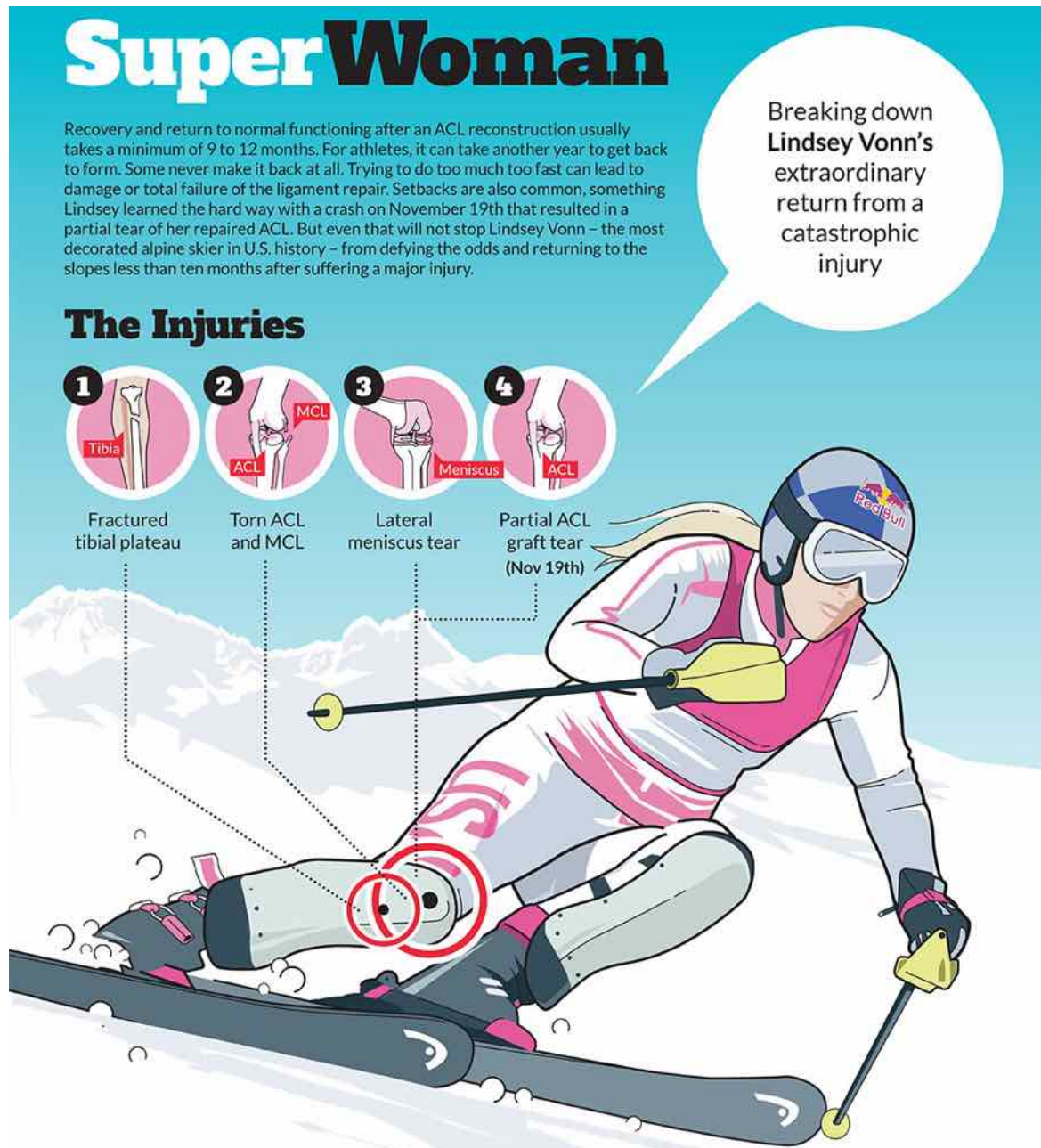
After undergoing an intensive period of physiotherapy Lindsey was forced to abandon her hopes of skiing in Sochi, announcing on January 7, 2014 that her knee was still too unstable since the incident in Val d'Isère and made safe skiing impossible. The 2013/14 season ended for Lindsey with further knee surgery and total focus on making a complete recovery from her injuries.

Lewis Kay, Lindsey Vonn's public relations manager, issued a statement saying that Vonn sustained a mild strain to her right knee, a partial tear to her right ACL, minor facial abrasions, and scapular contusions from her fall on Tuesday. "She needs to rest for a few days and then will pursue aggressive physical therapy and will determine the next time she is able to compete after seeing how she responds to treatment," Kay said.

Vonn was taken off the hill on a sled and returned to her home in Vail where William Sterett, the orthopedic surgeon who repaired Vonn's right knee in February, evaluated her injury and possibly ordered an MRI. Lewis Kay, Vonn's public relations manager, would not confirm to the Denver Post that she had hurt the same knee.



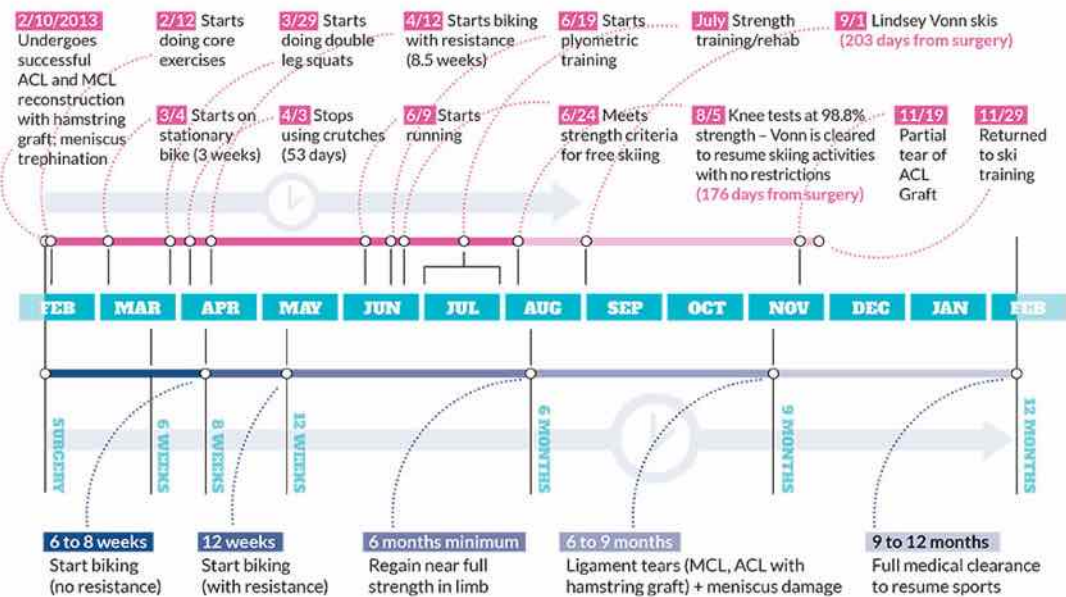
Throughout her rehabilitation Vonn is a focused athlete with all efforts placed on rehabilitation, earning her the nickname of Super Woman.



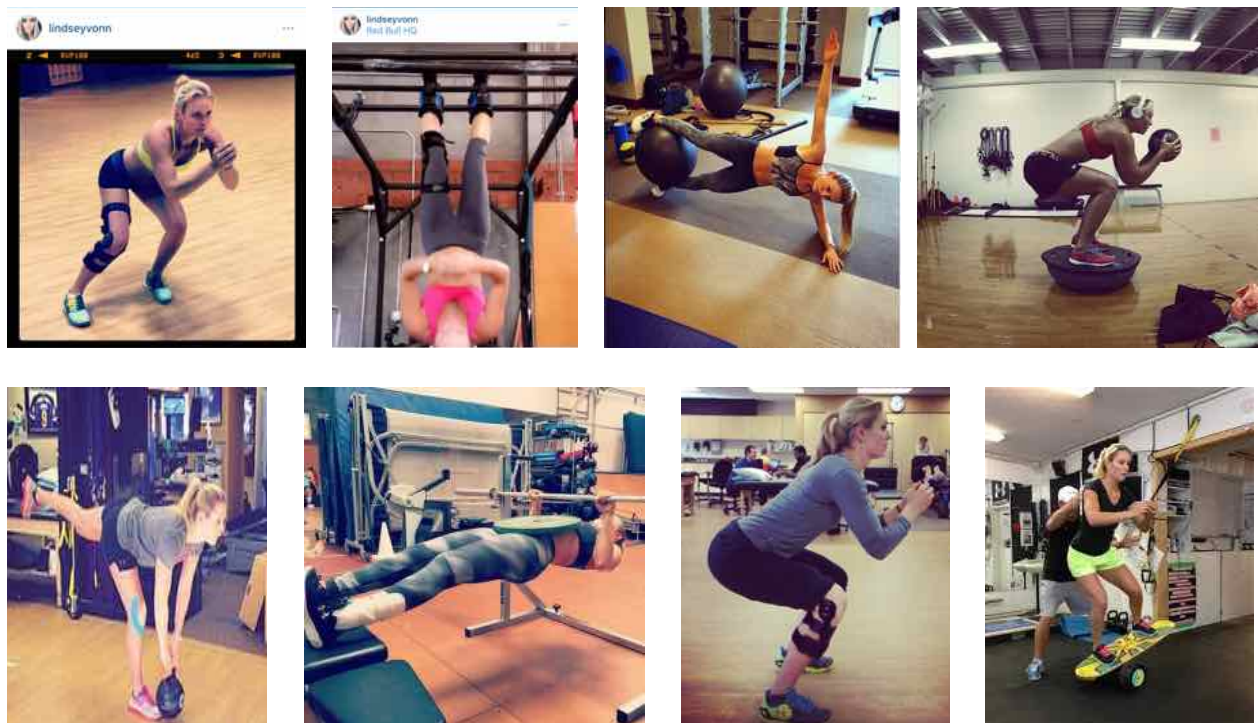
Mortal Human Recovery & Rehab vs. Lindsey Vonn's

■ Lindsey Vonn ■ Mortal Human

Source: ■ Andrew Bulczynski, MD, Board Certified Orthopedic Surgeon, DISC Sports & Spine Center



As for a lot of ACL injuries, Vonn needs to rehab exercise with her knee braced to prevent twisting so a lot of her early rehab is controlled stretching, balance work and amazing upside down pull ups. A lot of her rehab includes basic equipment but lots of reps.



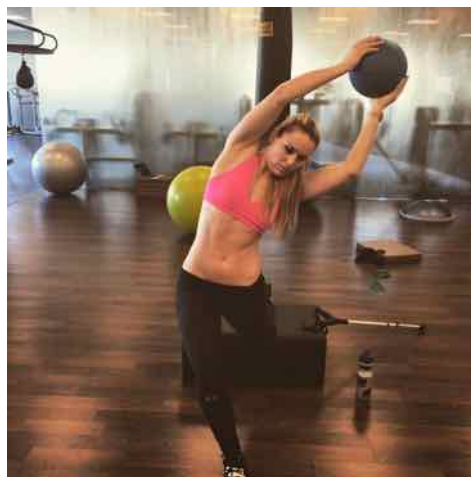
For the 2014-15 season, after remarkable recovery from a two year injury layoff saw her back to her best and breaking records during the 2014/15 winter season with so many highlights - a new record of Women's World Cup wins, the Super-G bronze medal at the World Championships, the World Cup titles in downhill and Super-G plus third place in the Overall World Cup.

Cooperation with the US Ski Team, ASP Red Bull, as well as Lindsey's ski technician and physiotherapist were all crucial elements in her comeback.

However in 2016, after a strong start to the season, racing after a heavy snowfall and strong wind in Soldeu, Andorra at the end of February. Lindsey started with bib number 16, was in the lead at the second split time but suddenly crashed heavily, doing a right turn shortly before the finishing line and having to be carried off the slopes by the emergency rescue sledge. The first diagnosis was a hairline fracture at the tibial plateau of the left knee! Despite this injury, Lindsey started in the alpine combination the next day, where at that point she lay second in the alpine combination ranking. She clinched the best time in Super G and with a solid slalom run ended in 13th place.

Unfortunately, the joy about this excellent performance quickly turned to despair, as further examinations of her knee showed that Lindsey had a triple fracture in the tibial plateau. After long and careful consideration, Lindsey decided to abort her season. Though this was probably one of the toughest decisions of her career, with a likely fifth overall World Cup title to come and possibly other Crystal Globes. Such a decision takes a lot of courage.

Co-operation within her team, her closest consultants and coaches around the US Ski Team and ASP Red Bull as well as Lindsey's ski technician played an essential role in this extraordinary season, where they were key to progress at such a high level and proved what's possible with such a team. Rest is the order of the day for Lindsey, but she and her whole team are ready to start with the preparations for the upcoming season as soon as possible.



Vonn has an amazing work ethic for rehabilitation and puts in the hours in the gym to become the worlds no.1 again.

World-Class Work Ethic

We'll know soon enough if Lindsey Vonn has worked her way back to her world-champion form. But we already know she's put in the work and the hours.

Totals (February-October)



League Of Extraordinary Gentlemen?

Let's compare a few other recent high-profile athletes who have sustained major knee injuries. When looking at the days from surgery to being medically cleared to return to sport, Vonn's recovery sets a new standard.

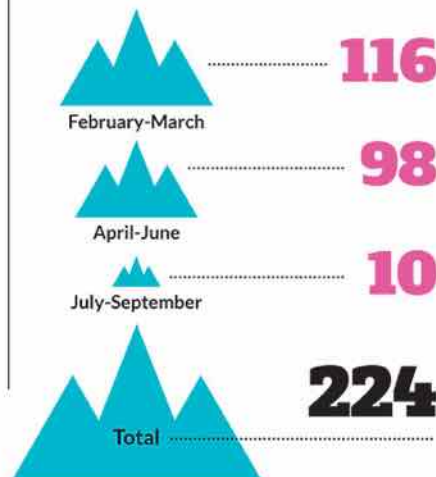
(days from surgery to cleared to ski/play)



Ice, Ice Baby

Surgically repaired knees tend to swell after a workout for months following surgery.

(average amount of time -- in hours -- that Vonn spent icing her knee after a workout)



The physical and technical achievements of her return-to-ski program are relatively easily measured, and as amazing as they are, sometimes the emotional and psychological challenges that can accompany a potentially career-ending injury can be even more formidable to a world class athlete.

Andy Walshe, Director of High Performance, Red Bull



During her long time in rehab over the years Vonn has kept up her public image, with lots of blogging, facebook, Instagram pictures, photo shoots and lots of swimsuit shoots. She is sponsored by Red Bull and attends lots of their events. She also works hard promoting her charity the Lindsey Vonn Foundation and supporting other charities. She seems to be concentrating on maintaining her public image with the same effort she does with her rehabilitation.

