

LOU DAWSON'S BACKCOUNTRY SKIING BLOG

KneeBinding Takes Ski Safety Beyond Helmets

By Lou

Ever thought about skiing safety, and done an informal poll of what injuries you or your friends have had? If so, you may have noticed that wearing helmets on your knees might be more important than having one on your head. Indeed, it's been amusing (and sad) to watch the ski gear industry pretty much ignore skiing's biggest safety problem as they've exerted vast energy to making sure everyone gets on the helmet bandwagon. Sure, helmets are fine, but the big problem is knee injuries. Specifically ACL tears.

Enter KneeBinding. This Vermont company has been developing an ACL injury preventing binding for several years, and were recently awarded a patent for their innovation. With patent in hand, they're planning on having the binding in shops for the 08/09 season. I'll still use a helmet most of the time, but frankly I'm more interested in having a binding that protects my knees. Thus, this could be good.

Perhaps someday this type of safety release technology will be available in an AT binding. And can we put a Dynafit on their test machine (see the vids on their website)? Since Dynafits release torsionally at the heel, one has to wonder if they might provide a modicum of knee protection similar to what the KneeBinding is said to give.

Posted by Lou on July 26, 2007 | Filed Under [Binding Reviews](#)