

Vonn: Hard work, single-leg squats keyed comeback

By James S. Fell, Los Angeles Times

Dec. 6, 2014, was a good day to sit down with Lindsey Vonn. Her return to competition after a knee injury that crushed her Sochi Olympic dreams in February saw the star skier lead an American sweep in the World Cup downhill in Lake Louise, Canada, on Dec. 6. Vonn, a gold and bronze medalist in the Vancouver 2010 Olympics, started her career in Minnesota, a state not known for its long ski runs. But a move to Colorado and later making friends with her physical therapist has kept this 30-year-old downhill racer in the snowy spotlight.

The big story right now is your return to competition after injury. Tell me what happened.

The first injury in February 2013 was an MCL-ACL tibial plateau fracture [torn knee ligaments coupled with a knee fracture] and the second the following November was ACL meniscus... One was during the World Championships and the other was right before the Olympics. To miss out on a race that happens once every four years is extremely disappointing.

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