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Hockey is in full swing which means injuries are coming fast and furious as well. Finding injury

replacements is a key component to a successful fantasy year. It can be depressing using Todd White to replace Alfredsson but every point you can get out of an injury replacements might make a difference in the end. Although nothing can make waiver wire players into fantasy studs you might be able to squeeze a few more points out of your those borderline second or third liners if you consider the team's schedule.

Every week the looking ahead tables can give you an indication of which teams have the best and worst one-week schedules. The same principal is used to give you some longer terms looks when trying to find some injury replacements. Below are some of the results for a two, three or four week period – depending on how long your injured player is expected to be out.

Two week replacement
If you are looking for a two week injury replacement try these teams (rating in brackets): Bruins (8.30), Ducks (7.88), Sabres (7.45), Flames (7.25), Rangers (7.16)
Steer away from: Devils (5.05), Canadiens (5.05), Coyotes (5.04), Islanders (4.95), Capitals (4.75)

Three week replacement
If you need someone over a three week period you might want to favour these teams:
Flames (11.25), Ducks (11.12), Maple Leafs (10.87), Rangers (10.62), Oilers (10.56)
Stay away from: Canadiens (6.09)

Four week replacement
Over the next four weeks you might consider these teams: Flames 15.07, Maple Leafs 13.91, Sharks 13.79
And stay area from: Canadiens 10.19, Blues 10.11, Blackhawks 9.99

After about 4 weeks schedules tend to compare pretty evenly and there isn't much to be gained by taking the favourable schedule over the less favourable schedule.

Best Bets

Calgary 4.20 - four games EDM, EDM, WAS, NAS
Boston 4.19 - four games OTT, PIT, BUF, TOR
Buffalo 4.09 - four games VAN, ATL, BOS, MIN
Edmonton 3.90 - four games CGY, CGY, CHI, COL

Dallas 3.81 - four games COL, NYR, NJ, NYI
Steer Clear
Philadelphia 1.60 - two games SJ, SJ
New Jersey 1.90 - two games WAS, DAL
NY Islanders 1.90 - two games FLA, DAL
Detroit 1.90 - two games NYR, STL
St. Louis 2.00 - two games CHI, DET

Best Bets
Boston 4.19 - four games OTT, PIT, BUF, TOR
Florida 3.99 - four games NYI, MTL, OTT, SJ
Dallas 3.81 - four games COL, NYR, NJ, NYI
Pittsburgh 3.26 - three games TOR, BOS, CAR
St. Louis 3.26 - three games CHI, DET, LA
Steer Clear
Carolina 1.62 - two road games ANA, PIT
NY Islanders 1.90 - two games FLA, DAL
Vancouver 1.90 - two road games CHI, CBJ
Phoenix 2.00 - two games MTL, WAS
Los Angeles 2.00 two games COL and STL

Best Bets
Boston 4.41 - four games PIT, BUF, TOR, ATL
Anaheim 4.20 - four games CAR, TOR, OTT, MTL
Dallas 3.81 - four games NYR, NJ, NYI, WAS
Florida 3.79 - four games MTL, OTT, SJ, STL
Colorado 3.45 - three games LA, EDM, BUF
Steer Clear
Montreal 1.89 - two games FLA, ANA
Phoenix 2.10 - two games WAS, CGY
NY Islander 2.10 - two games DAL, CAR
Tampa Bay 2.10 - two games ATL, SJ
Minnesota 2.21 - two games BUF, CBJ

Best Bets
Boston 4.41 - four games PIT, BUF, TOR, ATL
Dallas 3.81 - four games NYR, NJ, NYI, WAS
Florida 3.79 - four games MTL, OTT, SJ, STL
Colorado 3.45 - three games LA, EDM, BUF
St. Louis 3.26 - three games DET, LA, FLA
Steer Clear
Chicago 2.10 - two games EDM, DET
Montreal 1.89 - two games FLA and ANA
Phoenix 2.10 - two games WAS, CGY
Carolina 1.90 - two games PIT, NYI
NY Islanders 2.10 - two games DAL, CAR

Best Bets
Boston 4.51 - four games BUF, TOR, ATL, EDM
Buffalo 4.11 - four games BOS, MIN, COL, OTT
Anaheim 3.99 - four road games TOR, OTT, MTL, CLB
Detroit 4.30 - four games STL, ATL, CHI, LA
Ottawa 3.98 - four games FLA, ANA, TOR, BUF
Steer Clear
Montreal 0.84 - only one game ANA
Carolina 1.90 - on the road to PIT and NYI
Pittsburgh 2.01 - two games CAR and NYR
Phoenix 2.10 - two home games to WAS and CGY
Tampa Bay 2.10 - host ATL and SJ

Best Bets
Boston 4.32 - four games TOR, ATL, EDM, VAN
Detroit 4.30 - four games STL, ATL, CHI, LA
San Jose 3.99 - four games PHI, FLA, TAM, PIT
Ottawa 3.98 - four games FLA, ANA, TOR, BUF
Edmonton 3.81 - four games CHI, COL, VAN, BUF
Steer Clear
Tampa 1.89 - two games SJ, TOR
Montreal 2.00 - two games at home ANA, CAR
Phoenix 2.10 - two games at home WAS, CGY
Vancouver 2.21 - two games at home EDM, BOS
Columbus 2.74 - three defensice opponents NYR, MIN, ANA

Best Bets
Boston 4.32 - four games TOR, ATL, EDM, VAN
Toronto 4.22 - four games BOS, OTT, TAM, NJ
Minnesota 4.11 - four games BUF, CBJ, CHI, DAL
Detroit 4.11 - four games ATL, CHI, LA, ANA
Anaheim 3.89 - four games OTT, MTL, CBJ, DET
Steer Clear
Florida 1.79 - two games SJ, STL
Tampa 1.89 - two games SJ, TOR
Chicago 1.90 - two games DET, MIN
Montreal 2.00 - two games at home ANA, CAR
Phoenix 2.10 - two games at home WAS, CGY

Best Bets
Detroit 4.87 - FIVE games ATL,CHI, LA, ANA, SJ
NY Rangers 4.20 - four games CBJ, PIT, NYI, ATL
Boston 4.11 - four games ATL, EDM, VAN, CGY
Philadelphia 4.10 - four games NJ, NJ, ATL, NYI
Minnesota 4.01 - four games CBJ, CHI, DAL, MTL

Steer Clear
Chicago 1.90 - two games DET, MIN
Washington 1.91 - two games DAL, NAS
Phoenix 2.00 - two games CGY, PIT
Dallas 2.10 - two games WAS, MIN
Pittsburgh 2.57 - three road games NYR, SJ, PHX

Best Bets
Boston 4.11 - four games ATL, EDM, VAN, CGY
Vancouver 4.11 - four games EDM, BOS, LA, ANA
Minnesota 4.01 - four games CBJ, CHI, DAL, MTL
Anaheim 3.79 - four games MTL, CBJ, DET, VAN
Detroit 3.61 - four road games CHI, LA, ANA, SJ
Steer Clear
Washington 1.91 - two games DAL, NAS
Phoenix 2.00 - two games CGY, PIT
New Jersey 2.11 - two games PHI, TOR
Florida 2.11 - two games STL, OTT
St. Louis 2.21 - two games FLA, CAR

Best Bets
Minnesota 3.91 - four games CHI, DAL, MTL, PHX
Boston 3.80 - four games EDM, VAN, CGY, DAL
Buffalo 3.47 - three home games Ott, TAM, WAS
NY Rangers 3.35 - three weaker opponents NYI, ATL, TOR
Tampa Bay 3.25 0 three games TOR, BUF, OTT
Steer Clear
San Jose 1.89 - two games PIT, DET
Phoenix 2.00 - two games CGY, PIT
Colorado 2.00 - two games CGY, CBJ
Washington 2.10 - two games NAS, BUF
St. Louis 2.10 - two games CAR, PIT