January would be a great month for fantasy hockey managers if it wasn't for that pesky five day all-star b

Injury Replacements

Looking at a team's schedule may help your chances of finding a good injury replacement. Here are some of the high and low ratings for teams over a two, three and four week period starting January 2, 2009. The rating is shown in brackets.

Two weeks

High ratings: Lightning (6.23), Blackhawks (6.09),

Low ratings: Rangers (3.89), Canucks (3.81)

Three weeks

High ratings: Lightning (9.37), Ducks (8.65), Blackhawks (8.65)

Low ratings: Canucks (5.70)

Four weeks

High ratings: Lightning (12.72), Ducks (12.36), Bruins (12.18)

Low ratings: Flyers (8.95), Canucks (7.80)

Best Bets
Phoenix 4.22 - four games NYI, ANA, CHI, TB
Anaheim 4.21 - four games PHI, PHX, LA, LA
New Jersey 4.20 - four games MTL, OTT, CAR, ATL
Pittsburgh 4.12 - four games FLA, NYR, ATL, NAS
Florida 4.10 - four games PIT, MTL, TOR, CAR
Steer Clear
Buffalo 1.71 - two games BOS, OTT
St. Louis 2.10 - two games CAR, CBJ
Washington 2.10 - two games NYR, PHI
San Jose 2.21 - two games NYI, CGY
Boston 2.84 - three games BUF, MIN, OTT

Best Bets
Edmonton 4.31 - four home games DAL, NYI, VAN, SJ
Anaheim 4.21 - four games PHX, LA, LA, TB
Pittsburgh 4.12 - four games FLA, NYR, ATL, NAS
Florida 4.10 - four games PIT, MTL, TOR, CAR
Tampa Bay 4.10 - four games CAR, ATL, PHX, ANA
Steer Clear
St. Louis 1.91 - two games CBJ, VAN
Buffalo 2.65 - three games BOS, OTT, NYR
NY Islanders - three games SJ, EDM, CGY
Colorado 2.74 - three games MIN, NAS, CHI
Philadelphia 2.74 three games LA, WAS, MIN

Best Bets
Florida 4.41 - four games MTL, TOR, CAR, ATL
Phoenix 4.22 - four games ANA, CHI, TB, DAL
Montreal 4.22 - four games FLA, NYR, TOR, WAS
Anaheim 4.21 - four games PHX, LA, LA, TB
Vancouver 4.21 - four games DAL, EDM, STL, SJ
Steer Clear
St. Louis 0.86 - ONE game on the road in VAN
NY Islanders 1.90 - two games EDM, CGY
Carolina 2.66 - three games NJ, FLA, STL
Los Angeles 2.75 - three games ANA, ANA, NJ
San Jose 2.76 - three games CGY, EDM, VAN

Best Bets
Edmonton 4.20 - four home games NYI, VAN, SJ, STL
New Jersey 4.11 - four games CAR, ATL, LA, ANA
Anaheim 4.10 - four games LA, LA, TB, NJ
Pittsburgh 4.02 - four games NR, ATL, NAS, COL
Nashville 3.90 - four games COL, PIT, CHI, CHI

Steer Clear
St. Louis 1.81 - two games VAN, EDM
Tampa Bay 1.81 - two games PHX, ANA
NY Islanders 1.90 - two games EDM, CGY
Dallas 2.00 - two games DET, PHX
Calgary 2.10 - two home games SJ, NYR

Best Bets
Detroit 4.50 - four games CBJ, DAL, BUF, DAL
Anaheim 4.10 - four games LA, LA, TB, NJ
Nashville 3.90 - four games COL, PIT, CHI, CHI
New Jersey 4.11 - four games CAR, ATL, LA, ANA
Los Angeles 3.90 - four games ANA, ANA, NJ, TB
Steer Clear
NY Islanders 0.95 - ONE game CGY
St. Louis 1.81 - two games VAN, EDM
Calgary 2.10 - two home games SJ, NYR
Carolina 2.66 - three games NJ, FLA, STL
Ottawa 2.66 - three games BUF, BOS, NYR

Best Bets
Nashville 3.99 - four games PIT, CHI, CHI, TOR
Montreal 3.93 - four games NYR, TOR, WAS, BOS
New Jersey 3.92 - four games ATL, LA, ANA, VAN
NY Rangers 3.89 - four games MTL, BUF, OTT, NYI
Edmonton 3.89 - four games VAN, SJ, STL, WAS
Steer Clear
Atlanta 1.81 - two games NJ, FLA
NY Islanders 1.90 - two games CGY, NYR
Buffalo 1.99 - two games NYR, DET
Calgary 2.42 - two home games NYI, STL
Florida 2.42 - two home games CAR, ATL

Best Bets
Detroit 4.31 - four games DAL, BUF, DAL, ANA
Anaheim 4.21 - four games LA, TB, NJ, DET
Ottawa 4.00 - four games BOS, NYR, CAR, ATL
Chicago 4.00 - four games COL, NAS, NAS, BUF
Pittsburgh 4.00 - four games NAS, COL, PHI, WAS
Steer Clear
NY Islanders 1.90 - two games CGY, NYR
Calgary 2.42 - two games NYI, STL
Florida 2.42 - two games CAR, ATL
Carolina 2.57 - three games FLA, BOS, OTT
Atlanta 2.75 - three games NJ, FLA, OTT

Best Bets
San Jose 4.01 - four games EDM, VAN, TB, CGY
Detroit 4.00 - four games BUF, DAL, ANA, LA
Vancouver 3.99 - four games STL, SJ, NJ, PHX
Buffalo 3.99 - four games NYR, DET, CHI, DAL
Washington 3.91 - four games CBJ, MTL, EDM, PIT
Steer Clear
Florida 1.26 - ONE game ATL
NY Islanders 1.79 - two games NYR, BOS
Atlanta 1.90 - two games FLA, OTT
Calgary 1.92 - two games STL, SJ
New Jersey 2.66 - three games LA, ANA, VAN

Best Bets
Philadelphia 4.31 - four games TOR, PIT, TB, FLA
Toronto 4.28 - four games PHI, NAS, CAR, ATL
Colorado 4.10 - four games PIT, CBJ, STL, EDM
Detroit 4.00 - four games BUF, DAL, ANA, LA
Chicago 4.00 - four games NAS, NAS, BUF, NYR
Steer Clear
NY Islanders 1.79 - two games NYR, STL
Calgary 1.92 - two games STL, SJ
Florida 2.42 - two games ATL, PHI
Columbus 2.84 - three games MIN, COL, NJ
Vancouver 2.84 - three games SJ, NJ, PHX

Best Bets
Nashville 4.11 - four games CHI, TOR, MTL, ATL
Chicago 4.09 - four games NAS, BUF, NYR, STL
Tampa Bay 3.92 - four games LA, SJ, PHI, FLA
St. Louis 3.90 - four games EDM, CGY, COL, CHI
Edmonton 3.82 - four games STL, WAS, MIN, COL
Steer Clear
Columbus 2.00 - two games COL, NJ
Vancouver 2.00 - two games NJ, PHX
NY Rangers 2.00 - two games NYI, CHI
Florida 2.20 - two games PHI, TB
Phoenix 2.57 - three games MIN, VAN, CGY