

Understanding and Preventing Noncontact ACL Injuries

With more than 200,000 athletes each year sustaining noncontact injury to the anterior cruciate ligament (ACL) of the knee, there is finally an up-to-date reference for professionals whose work involves developing and implementing programs to prevent such injuries. *Understanding and Preventing Noncontact ACL Injuries* provides an authoritative description of the biomechanical, clinical, and injury factors pertinent to the athletes—primarily girls and young women—who experience this problem.

To help readers understand how to develop targeted interventions, the book uses a preventive rather than strictly clinical approach to ACL injuries. It provides a thorough description of the current problem on an international scale, the rationale for developing prevention programs, the discrete risk factors affecting noncontact ACL injuries, and an analysis of current research data.

Understanding and Preventing Noncontact ACL Injuries will help readers

- clearly understand the incidence, cost, and need to quantify risk factors related to the onset of noncontact ACL injuries;
- compare the results of different prevention programs and learn why prevention programs should be implemented—especially among young women—to reduce the potential for injury;
- understand the interplay between biomechanical and neuromuscular risk factors and the work needed to control the incidence of noncontact ACL injury in the future; and
- identify the most effective prevention programs and become aware of the role hormones, bracing, and biofeedback play.

Understanding and Preventing Noncontact ACL Injuries serves as a valuable reference for physicians, medical professionals, coaches, and athletes.

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Understanding And Preventing Noncontact Acl Injuries

Chadwick Prodromos



Understanding And Preventing Noncontact Acl Injuries:

Understanding and Preventing Noncontact ACL Injuries Timothy E. Hewett, Sandra J. Shultz, Letha Y. Griffin, 2014-07-01 With more than 200 000 athletes each year suffering injury to the anterior cruciate ligament ACL of the knee Understanding and Preventing Noncontact ACL Injuries provides an authoritative description of the biomechanical clinical and injury factors pertinent to the athletes primarily girls and young women who experience this problem **Understanding and Preventing Noncontact ACL Injuries**, Grade level 11 12 i s t **Preventing Noncontact ACL Injuries** Kinetics Human, 2018

Prevention of Noncontact ACL Injuries Letha Y. Griffin, 2001 This important work will help you understand the epidemiology of noncontact ACL injuries risk factors for injuries the at risk athlete neuromuscular prevention programs their influence on injury rates Supported by the American Orthopaedic Society for Sports Medicine the National Athletic Trainers Association Research and Education Foundation the National Collegiate Athletic Association and the Orthopaedic Research and Education Foundation **Handbook of Sports Medicine and Science** Roald Bahr, Lars Engebretsen, 2011-08-24 This volume in the Handbook of Sports Medicine and Science series is a practical guide on the prevention of sports injuries It covers all Olympic sports plus additional sport activities with international competition such as rugby Focusing on reducing the potential for injuries the book is organised by regions of the body There are also chapters on the importance of injury prevention and developing an injury prevention program within a team The authors identify the risk factors for specific injuries in each sport typical injury mechanisms and risks associated with training *ACL Injuries in Female Athletes* Robin West, Brandon Bryant, 2018-12-07 This easy to read reference presents a succinct overview of clinically focused topics covering the prevention treatment and rehabilitation of ACL injuries in the female athlete Written by two professional team physicians it provides practical focused information for orthopaedic and sports medicine surgeons and physicians Covers ACL injury risk factors and prevention including biomechanics biology and anatomy of the female athlete Discusses graft choices the biology of healing rehabilitation and return to play future options for treatment and more Addresses special considerations such as pediatric ACL and revision ACL Consolidates today's available information and experience in this timely area into one convenient resource **Paediatric Biomechanics and Motor Control** Mark De Ste Croix, Thomas Korff, 2013-03-01 Paediatric Biomechanics and Motor Control brings together the very latest developmental research using biomechanical measurement and analysis techniques and is the first book to focus on biomechanical aspects of child development The book is divided into four main sections the biological changes in children developmental changes in muscular force production developmental changes in the biomechanics of postural control and fundamental motor skills and finally the applications of research into paediatric biomechanics and motor control in selected clinical populations Written by a team of leading experts in paediatric exercise science biomechanics and motor control from the UK the US Australia and Europe the book is designed to highlight the key implications of this work for scientists educators and clinicians Each chapter

is preceded by a short overview of the relevant theoretical concepts and concludes with a summary of the practical and clinical applications in relation to the existing literature on the topic This book is important reading for any sport or exercise scientist health scientist physical therapist sports coach or clinician with an interest in child development or health *The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book* Chadwick Prodromos, 2017-05-31 The Anterior Cruciate Ligament Reconstruction and Basic Science 2nd Edition by Dr Chadwick Prodromos provides the expert guidance you need to effectively select the right procedure and equipment prevent complications and improve outcomes for every patient Written and edited by world leaders in hamstring allograft and bone patellar tendon bone BTB ACL reconstruction this revised reference is a must have resource for the full range of anterior cruciate ligament reconstruction techniques plus fixation devices rehabilitation revision ACLR surgery and much more Covers the latest clinical and technical information on pain control genetics and biologics the use of ultrasound and much more EBook access features an exhaustive ACL bibliography database more than 5000 available articles Features dozens of new chapters that offer up to date information on pain control after ACLR single vs double bundle repairs genetics and collagen type all inside techniques biologics pediatrics ACL ganglion cysts prognosis for ACLR success allografts vs autografts and more Provides the experience and insight of a dream team of ACL experts including James Andrews on sports medicine Frank Noyes on HTO and ACLR and Andrew Amis on the benefits of the older femoral tunnel placement technique Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures Q As and references from the book on a variety of devices

Sex Differences in Sports Medicine Ellen Casey, Monica Rho, Joel Press, 2016-05-28 This is the first book dedicated to the musculoskeletal physiological hormonal and other differences between the sexes as they manifest in sports medicine Organized anatomically from head to toe this unique reference focuses on the sex specific differences of men and women to inform clinical care and the management of common sports injuries Other chapters cover nutrition hormones concussion pain sports cardiology and pulmonology and the particular care of adolescent and geriatric patients The editors have assembled a world class team of specialists to collaborate on each chapter and specially commissioned illustrations and tables help visualize the data and findings While some books focus on the female athlete as a discrete category this book discusses how the many physical stresses of athletics affect both sexes based on the inherent biological differences The goal is to foster a more comprehensive understanding of the latest research and practice in sports medicine as it applies to all patients As the field of sports medicine has grown exponentially over the last few decades this book will serve as an essential resource for physicians trainers coaches and anyone involved in athletics and medicine Key Features Provides an evidence based review of how sex differences affect the risk of injury presentation and clinical course of sports related injuries Anatomically based chapters highlight differences in static structures dynamic movement and pathology between the sexes Authors summarize key differences at the end of each chapter Includes special chapters on running and throwing sports

cardiology sports pulmonology nutrition and unique athlete populations *The Crucial Principles in Care of the Knee* John A. Feagin, J. Richard Steadman, 2008 Written by internationally eminent authorities in sports medicine and knee surgery this book thoroughly describes and illustrates the key principles in the diagnosis surgical treatment and rehabilitation of knee disorders The information on surgical procedures outcomes and complications is evidence based and documented from a database of over 15 000 cases Coverage includes detailed descriptions and illustrations of three new surgical procedures microfracture for chondral injuries stimulation of the healing response in ligamentous injuries and arthroscopic treatment of the degenerative knee Specific postoperative rehabilitation protocols are included for many surgical procedures Other topics covered include injury prevention imaging functional evaluation and biomechanics More than 300 outstanding illustrations complement the text *Your Body, Your Yoga* Bernie Clark, 2016-04-12 Yoga is big business today and teacher training programs are booming Yoga teachers have a thirst for anatomy training but all books on yoga anatomy focus solely on the muscles *Your Body Your Yoga* goes beyond any prior yoga anatomy book available It looks not only at the body's unique anatomical structures and what this means to everyone's individual range of motion but also examines the physiological sources of restrictions to movement Two volumes are provided in this book Volume 1 raises a new mantra to be used in every yoga posture What Stops Me The answers presented run through a spectrum beginning with a variety of tensile resistance to three kinds of compressive resistance Examined is the nature of muscles fascia tendons ligaments joint capsules bones and our extracellular matrix and their contribution to mobility The shape of these structures also defines our individual ultimate range of movement which means that not every body can do every yoga posture The reader will discover where his or her limits lie which dictates which alignment cues will work best and which ones should be abandoned Volume 2 will take these principles and apply them to the lower body examining the hip joint the knee ankle and foot and will present how your unique variations in these joints will show up in your yoga practice *Your Body Your Yoga* has over 500 illustrations and photographs For the technically astute extensive endnotes are provided along with an exhaustive index Technical sidebars labeled It's Complicated allow a non technical reader to skip the heavier more detailed discussions and stick to high level explanations of the concepts For yoga teachers sidebars labeled To the Teacher are offered to help them bring the concepts into their classes Other interesting discussions that could disrupt the normal narrative flow are also put into sidebars labeled It's Important which everyone is invited to read **Foot and Ankle Sports Orthopaedics** Victor Valderrabano, Mark Easley, 2017-02-08 This book provides a comprehensive review of the diagnosis management and treatment of sports injuries to the foot and ankle The editors have assembled a list of contributors at the top of their field to define the medical management treatment and surgery for the most common and highly debilitating sports injuries Currently foot and ankle injuries are the most common musculoskeletal injuries thus this book fills the clear need for a state of the art resource that focuses upon this growing area of orthopaedic practice *Foot and Ankle Sports Orthopaedics* is highly relevant to orthopaedic surgeons sports

orthopaedic surgeons and medical professionals dealing with sports injuries around the F A With clear and didactic information and superb illustrations this book will prove to be an indispensable learning tool for readers seeking expert guidance to further their surgical skills in this area Lesbian Health 101 Suzanne L. Dibble, Patricia Anne Robertson, 2010 This is the first comprehensive textbook on lesbian health reflecting the exponential increase in research on lesbian health over the past 10 years I highly recommend this textbook to all clinicians and students who provide health care for women and to inquisitive patients Susan Love MD President of the Susan Love Breast Cancer Foundation This book presents new and little known current and well researched material that is essential to combat myths and misinformation about lesbian health The intended audience is literally starved for this book Health care providers and lesbian health care advocates may be aware of some of the information in this book but none of us have the comprehensive understanding and knowledge base that this book provides It should be available in every curriculum where health care disparities are addressed and where LGBT health is taught Peggy Chinn PhD RN FAAN Professor Emerita University of Connecticut Each time a lesbian thinks about weight retirement children a hospital stay filling out a form or any other health related activity she has to insist on a paradigm shift to simply be recognized This book will push that shift along a little faster and give lesbians the leverage we need to live healthily in this century Jewelle Gomez Author and activist This book presents new and little known current and well researched material that is essential to combat myths and misinformation about lesbian health The intended audience is literally starved for this book Health care providers and lesbian health care advocates may be aware of some of the information in this book but none of us have the comprehensive understanding and knowledge base that this book provides It should be available in every curriculum where health care disparities are addressed and where LGBT health is taught Peggy Chinn PhD RN FAAN Professor Emerita University of Connecticut Each time a lesbian thinks about weight retirement children a hospital stay filling out a form or any other health related activity she has to insist on a paradigm shift to simply be recognized This book will push that shift along a little faster and give lesbians the leverage we need to live healthily in this century Jewelle Gomez Author and activist **American Book Publishing Record**, 2006 **The Anterior Cruciate Ligament** Chadwick C. Prodromos, 2008 This book presents clinical and technical information on the full range of anterior cruciate ligament reconstruction techniques It gives detailed coverage of hamstring allograft and bone tendon bone BTB ACL reconstruction including single versus double bundle techniques and hamstring graft harvesting plus fixation devices rehabilitation revision ACLR surgery and more Surgical technique videos on the DVD help you hone and refine your skill set **Bull's Handbook of Sports Injuries, 2/e** William O. Roberts, 2004-03-04 Covers the physical examination assessment and treatment considerations for all major sports injuries Provides insight into the cause of injuries as a result of a specific sport in order to tailor treatment to that injury **Dutton's Orthopaedic: Examination, Evaluation and Intervention Fourth Edition** Mark Dutton, 2016-07-29 Updated edition of the 1 orthopaedic evidence based textbook and reference guide

A Doody's Core Title for 2019 Dutton's Orthopaedic Examination Evaluation and Intervention provides readers with a systematic logical approach to the evaluation and intervention of the orthopedic patient. In this comprehensive and up-to-date fourth edition, Dutton strikes the perfect balance in its coverage of examination and treatment. The textbook emphasizes the appropriate use of manual techniques and therapeutic exercise while outlining the correct applications of electrotherapeutic and thermal modalities as adjuncts to the rehabilitative process. The content reflects the consistent unified voice of a single author, a prominent practicing therapist who delivers step-by-step guidance on the examination of each joint and region. This in-depth coverage leads you logically through systems review and differential diagnosis aided by decision-making algorithms. Features new coverage on balance and concussions. New videos on testing and method techniques are available on AccessPT if adopted. Also, this edition has added 10-15 board review questions per chapter and has updated chapters to reflect the latest research and treatment techniques.

Non-contact ACL Injuries During Landing Ata Kiapour, 2013

The anterior cruciate ligament (ACL) is one of the most common sites of the injury in the knee joint. Over 120,000 ACL injuries occur annually in the United States, mainly affecting the young athletic population, with females at a reported 2.8-fold greater risk than males. Non-contact injuries constitute the predominant mechanism of ACL injury; in over 70% of ACL injuries, they occur mainly during landing following a jump and lateral cutting maneuvers. Due to long-term disabilities associated with ACL injury, i.e., joint instability, pain, and early development of osteoarthritis, potential loss of sports participation, and high costs associated with surgical reconstruction, prevention is an appealing option to avoid the complications associated with ACL injury. While many advances have been made in terms of surgical and rehabilitation interventions, patients who have suffered ACL injury face long-term consequences that include lowered activity levels, 10-25% incidence of re-injury 5 years after return to sport, and 50-100% incidence of osteoarthritis within 10-15 years of injury, regardless of the treatment. Despite the substantial effort conducted on investigation of the non-contact ACL injuries, the mechanism of these injuries is not well understood. Many proposed risk factors can be categorized as anatomic, neuromuscular, or biomechanical. However, just biomechanical and neuromuscular risk factors can be defined as modifiable factors which can be modified through targeted intervention strategies in an effort to reduce the risk of injury. Identification of modifiable risk factors for ACL injury represents a major step in the reduction of the incidence of injury. A better understanding of the mechanisms underlying non-contact ACL injuries and associated risk factors might serve to improve current prevention strategies and decrease the risk of early-onset knee osteoarthritis. This proposal aims to employ a unique combination of established *ex vivo* and *in silico* methods in order to gain an in-depth understanding of knee joint biomechanics during dynamic landing as an identified high-risk task with a specific focus on ACL injury. The objectives of this dissertation were to investigate the non-contact ACL injury during landing in an effort to identify the potential biomechanical and neuromuscular risk factors and determine the mechanisms that lead to these injuries. Cadaveric experiments were conducted on 20 normal, relatively young, instrumented lower extremities.

Following knee arthrometry specimens were tested under a wide range of quasi static single and multi axial loading conditions in order to quantify the global the biomechanical response of the tibiofemoral joint with regards to joint kinematics ACL and MCL strains and intra articular cartilage pressure distribution Subsequently multiple bi pedal and uni pedal landing scenarios were simulated using a custom designed novel drop stand An extensive physiologic loading protocol was designed based on the identified high risk loading factors from quasi static characterization to simulated a wide range of landing scenarios The findings of these cadaveric experiments were suggested the anterior tibial shear force knee abduction moment and internal tibial rotation moment as the most critical biomechanical risk factors for the non contact ACL injury during landing Results further suggested the multi planar loading condition consists of all three identified biomechanical risk factors as the most probable mechanism for non contact ACL injuries Findings finally highlighted the importance of dynamic knee valgus collapse as a primary factor contributing to these injuries Specific Aim I In addition to cadaveric experiments a detailed anatomic non linear finite element FE model of the lower extremity was developed from imaging data of a healthy young female athlete The developed model includes bony and soft tissue structures of the knee joint such as major ligaments trans knee muscles articular cartilage and menisci The model was then extensively validated against cadaveric measurements of joint kinematics ligament strains and cartilage pressure distribution under a wide range of static quasi static and dynamic loading conditions A comprehensive FE parametric study was conducted in order to investigate the effect of trans knee muscle loads on knee joint biomechanics and risk of ACL injury The findings in combination with ex vivo data resulted in identification of the anterior posterior and medial lateral muscle force imbalances as the potential neuromuscular risk factors lead to high ACL strains and high risk of ACL injury Specific Aim II The developed FE model was further used to help better interpret the experimental findings in an effort to identify ACL injury biomechanical risk factors and associated mechanism Specific Aim I Finally a novel framework was developed in order to customize the validated generalized FE model based on the structural properties of ACL and critical tibiofemoral anatomic factors The customized models were then validated based subject specific ACL strain data obtained ex vivo It was shown that the customized models using the proposed approach lead to more realistic FE predicted ACL strain compared to the generalized FE model Findings suggested that this novel validated framework can be used as a critical risk screening tool in the large scale clinical assessment of ACL injury risk among individuals Specific Aim III

Women's Health in Physical Therapy Jean M. Irion, Glenn Irion, 2010 This book provides a framework and practical guidelines for managing women s health issues within the practice of physical therapy It enables students to develop and implement customized patient care plans to deal with a broad range of disorders and health issues that either primarily affect women or manifest themselves differently in women The book features a team of expert authors whose advice is based not only on a thorough investigation of the evidence but also on their own firsthand experience as physical therapists specializing in women s health issues

OKU Orthopaedic Knowledge Update James G.

Garrick, 2004 This resource helps readers research the most effective techniques for sports injuries and conditions or pinpoint an elusive diagnosis Developed by the American Orthopaedic Society for Sports Medicine and published by AAOS this edition is relevant for orthopaedic generalists and residents who want to expand their sports medicine foundation

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