ACL injuries in the female athlete : causes, impacts, and conditioning programs /

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Monografía

This book examines the short- and long-term impact of ACL injuries, covering training programs shown to reduce the rate of injuries in female athletes, and post-surgical rehabilitation for reducing the risk of future injury. Includes many color illustrations

Título: ACL injuries in the female athlete causes, impacts, and conditioning programs Frank R. Noyes, Sue Barber-Westin, editors

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Contenido: Intro; Preface; Acronyms; Contents; Contributors; Part I: The Impact of ACL Injuries: Short- and Long-Term Effects on the Knee Joint; 1: The ACL: Anatomy, Biomechanics, Mechanisms ofInjury, andtheGender Disparity; 1.1 Introduction; 1.2 Anatomy; 1.2.1 Overview; 1.2.2 Division ofACL into Anteromedial andPosterolateral Bundles; 1.2.3 Gender Differences inACL andKnee Joint Bony Anatomy; 1.3 Biomechanics andRotational Knee Stability; 1.3.1 Primary andSecondary Function oftheACL; 1.3.2 Rotational Knee Stability; 1.3.3 Role oftheAnterolateral Ligament Structures 1.4 Common ACL Injury Mechanisms1.4.1 Current Proposed Mechanisms; 1.4.2 Effect ofMuscle Forces andKnee Flexion Angle; 1.4.3 Video Analysis ofACL Injuries; 1.4.4 Authors' Proposed Mechanisms ofNoncontact ACL Ruptures; 1.5 The Gender Disparity inACL Injury Rates; 1.6 Can ACL Injury Rates BeReduced?; References 2.2.4 Chronic Muscle Weakness andDysfunction2.2.5 Gait Abnormalities; 2.2.6 Changes inMuscle Activation Strategies During Functional Activities; 2.2.7 Alterations inProprioception andBalance; 2.2.8 Impairment inSingle-Leg Hop Functional Testing; 2.3 Added Problems withLoss ofMeniscus Function; 2.3.1 Review ofBiomechanics andFunction oftheMenisci; 2.3.2 Effects ofMeniscectomy inChronic ACL-Deficient Knees; 2.4 Effect ofNonoperative Treatment onFuture Activity Levels andSymptoms; 2.5 Effect ofNonoperative or Delayed Operative Treatment inSkeletally Immature Athletes 4.7

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