



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

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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 of Injury, and the Gender Disparity; 1.1 Introduction; 1.2 Anatomy; 1.2.1 Overview; 1.2.2 Division of ACL into Anteromedial and Posterolateral Bundles; 1.2.3 Gender Differences in ACL and Knee Joint Bony Anatomy; 1.3 Biomechanics and Rotational Knee Stability; 1.3.1 Primary and Secondary Function of the ACL; 1.3.2 Rotational Knee Stability; 1.3.3 Role of the Anterolateral Ligament Structures 1.4 Common ACL Injury Mechanisms 1.4.1 Current Proposed Mechanisms; 1.4.2 Effect of Muscle Forces and Knee Flexion Angle; 1.4.3 Video Analysis of ACL Injuries; 1.4.4 Authors' Proposed Mechanisms of Noncontact ACL Ruptures; 1.5 The Gender Disparity in ACL Injury Rates; 1.6 Can ACL Injury Rates Be Reduced?; References 2.2.4 Chronic Muscle Weakness and Dysfunction 2.2.5 Gait Abnormalities; 2.2.6 Changes in Muscle Activation Strategies During Functional Activities; 2.2.7 Alterations in Proprioception and Balance; 2.2.8 Impairment in Single-Leg Hop Functional Testing; 2.3 Added Problems with Loss of Meniscus Function; 2.3.1 Review of Biomechanics and Function of the Menisci; 2.3.2 Effects of Meniscectomy in Chronic ACL-Deficient Knees; 2.4 Effect of Nonoperative Treatment on Future Activity Levels and Symptoms; 2.5 Effect of Nonoperative or Delayed Operative Treatment in Skeletally Immature Athletes 4.7

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