



Reduce Female ACL Injuries

The staff at JAG Physical Therapy is dedicated to getting our patients back in the game, whether onto the soccer field or the game of life. This month, we would like to highlight one of the most common injuries for today's teenage female athlete, a tear of the Anterior Cruciate Ligament, more widely known as the ACL. The most common ways the ACL is torn is either a direct blow to the knee or more commonly a pivot with a twisting motion on the planted knee. Females are about five times more likely than males to tear their ACL due to the difference in anatomy and technique on the field or court. Women's ACL's have been found to be smaller and sit in a smaller space than that of men's. As far as technique, females tend to run more upright than men. They tend to land awkwardly when they jump, on flat feet and extended legs. They tend to shift directions with a high center of gravity, rather than crouching and pivoting. They also tend to lack core body strength. All of these risk factors place female athletes at a higher risk of injury. However, with the proper training, the incidence of ACL injuries in teenage female athletes can be reduced.

Together with our team of physical therapists and athletic trainers, JAG Physical Therapy has developed a team-oriented, evidence-based ACL Prevention Program for girls' sports teams. It focuses on teaching the athletes, coaches, and the parents involved how to correctly stretch and strengthen the knee, and emphasize correct form of jumping, cutting, and pivoting. This program can reduce the amount of ACL injuries on your team by two to four times! If you or your team are interested in having the professionals at JAG Physical Therapy train you this season, please do not hesitate to call John Gallucci Jr, ATC, PT, DPT or Mike Evangelist, MS, PT at (908) 222-0515.