

FEMALE KNEE INJURIES

For the female soccer player who has heard that dreaded "POP" to their knee , she will never forget it .

Following major knee reconstructive surgery , many hours of physiotherapy visits and a very lengthy rehab program for muscle strengthening as well as programs for preventative security .

It's easy to say " I told you so " after the fact , but our doctors , Physio's , trainers have been telling us for years about the importance of preventative programs and in most cases we have not been listening .

Statistics are showing us that the female soccer player is Four times more likely to damage the Anterior Cruciate ligament than their male counterpart and these numbers will no doubt increase as the female enrolment in the sport increases across our country .

The Interior Cruciate Ligament is one of two ligaments that criss-cross at the knee joint just below the *Patella* (Knee-Cap) connecting the thighbone to the shinbone .

We have heard of numerous theories as to why the injury impacts the females far more than the males, we hear that it's hormonal , we have heard that it's the structure of the female hip and knee , as we know there is a slight difference , some say it's the weight of the players (over-weight) and there is widespread comments that artificial playing surfaces (Field-turf) eg, is the reason , but North American statistics do not show that artificial surfaces are to blame for such knee injuries , not any more than playing on a wet , greasy , natural grass surfaces or the hard floor gymnasiums that we spend so much time in , nothing factual to suggest the playing surface leads to these major knee injuries .

Maybe , we should simply state what we already know , the body structure of the female is different from the male , thus the importance of the female players training and playing similar to the males , where hamstring and quadriceps build-up is a major must in their training , such concentration on squats , jumps , balancing and flexibility conditioning may help our great female soccer players .

As a former player , now a coach , I believe all female players should research and seek- out an injury prevention program concentrating on their very important knees .

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