



GIRL'S KNEE INJURIES

Compared to guys...what's going on here?

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As a question came in regarding a daughter's friends seeming to have lots of knee injuries....

o THE QUESTION BECOMES TRUE AND WHY?

- The research does suggest that girls tend to injure their knee more often, and especially when it comes to something like the Anterior Cruciate Ligament (ACL) they injure it up to 6x more depending on which study you read.
- That's a real concern and there've been tons of studies that have been and are being done to try to understand this phenomenon.
- Factors such as anatomy (wider pelvis, contributing to different angles and forces on the knees), muscle weakness, menstrual cycle effects on hormonal influence on ligament stiffness and many others have been studied.
- Many studies now show that when girls land from a jump, for example, there is greater tendency to have the knees collapse and rotate inward toward each other, often termed "knock-knee" position. The good news is that although we cannot change anatomy we can, through proper exercise impact:
 - **balance**
 - **strength**
 - **endurance**
 - **reaction**
 - **dynamic stability**
 - **power**
 - **deceleration capacity**

and many other aspects of athleticism and physical performance that can help reduce the potential for injury.



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