

KNEE INJURY IN FOOTBALLERS



About Knee Injury

- Most common knee injury involves destruction of the anterior cruciate ligament. (Dekker, et al., 2017)
- The injury is characterized by loss of function of the ligament such that movement of the tibia exceeds the required limits.
- The rupture is a result of injuries that are either contact or non-contact.
- Linebackers and those playing in running back positions are at high risk of this injury.

Return to play Criteria

1. Coaches should work closely with the medical team to ensure that the ligament is fully healed before the player is allowed back to the field.
2. X-ray should be used to confirm complete healing of the player before being allowed to play again (Štajduhar et al., 2017)
3. Parents should be keen to identify any slight leaping of their children after playing football.



Treatment

- Surgery and rehab
- Treatment can be between six and one year.
- Surgery involves replacing the damaged ligament with another one.
- Treatment tailored based on the individual involved considering that they occur in combination with other injuries (Lie et al., 2019)



Avoiding Knee Injury

1. Regular exercises help to fasten the ligaments
2. Use of therapeutic heating technique following slight injuries
3. Regular stretches of the legs before and after game
4. Adhering to the recommended training and exercising manual
5. Physical exercises aimed at strengthening knee muscles around the anterior cruciate ligament

References

- Dekker, T. J., Godin, J. A., Dale, K. M., Garrett, W. E., Taylor, D. C., & Riboh, J. C. (2017). Return to sport after pediatric anterior cruciate ligament reconstruction and its effect on subsequent anterior cruciate ligament injury. *JBJS*, 99(11), 897-904.
- Lie, M. M., Risberg, M. A., Storheim, K., Engebretsen, L., & Øiestad, B. E. (2019). What's the rate of knee osteoarthritis 10 years after anterior cruciate ligament injury? An updated systematic review. *British journal of sports medicine*, 53(18), 1162-1167.
- Štajduhar, I., Mamula, M., Miletić, D., & Ūnal, G. (2017). Semi-automated detection of anterior cruciate ligament injury from MRI. *Computer methods and programs in biomedicine*, 140, 151-164.