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# ACL Injuries in Female Athletes

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Health Science Capstone  
Abstract paragraph  
Dr. Martha Nelson  
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The Anterior Cruciate Ligament has been studied in many different ways and become injured more with the increase in sports participation by both male and female athletes. "ACL injuries are 9x more common in female athletes than male athletes and over 1.4 million women have been suffered from the ACL rupture which is twice the rate of the previous decade" (Hewett, 2010). ACL injuries are known to occur more in females than males because of differences in anatomy, knee alignment, muscle strength, and conditioning. Since female athletes are more prone to injury, it is important to incorporate neuromuscular training to college workouts to help prevent injuries in competition. Therefore, female ACL injuries are still a growing problem in the nation and researchers must focus on designing special prevention programs rather than focus on discovering a cause.

ACL injury is a knee ligament injury also known as anterior cruciate ligament injury. There are many different risk factors rising between both female and male athletes. According to Hewett (2010), several studies have shown that female athletes have a higher incidence of ACL injury than male athletes in certain sports. I intend more information by interviewing at least two athletes who have torn his or her ACL in the past. I would like to have he or she explains the physical and mental aspect of dealing with the injury. ACL tears can never be fully prevented but there are some things that can be done to help minimize the chances of an ACL injury but I would like to know about his or her workout plan, the recovery process and some of the rehabilitation exercises

done. The benefit of the podcast is that it is more of a conversational interview that is accessible to all students on campus. I feel that with a podcast I can get more out of the athletes because it is more personal which can allow for more information from the athlete. I will also be working with a core peer group as well as Dominican Communications faculty to help complete my project. At the end of this podcast I will submit a final paper to conclude my senior project.