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ACL Prevention Programs and Its Effectiveness in Reducing the Rate of Injury in the College Athlete

Dan Kaplun

Ouachita Baptist University

Anastasiia Ulinova

Ouachita Baptist University

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ACL prevention programs and it's effectiveness in reducing the rate of injury in the college athletes

Dan Kaplun & Anastasiia Ulinova



Abstract

The purpose of this study was to examine the absence or utilization of ACL injury prevention programs at GAC DII NCAA Universities.

Hypothesis

We expect for the results to show that non-contact ACL injuries would be more frequent than contact ACL injuries. Furthermore, the study found significance with some participant who stated some of their athletes participated in a program compared with athletes and non-athletes.

Methods

A survey was used to assess whether it could be seemed beneficial to use an ACL injury prevention system to reduce the rate of ACL injury. The demographics were dispersed to all of the certified athletic trainers of the GAC conference who were currently hired by the university. Furthermore, we selected twenty CAT from OBU, HSU, HU, OKBU, SAU and SEOSU which we had collected so far 6 responses. There was a 28.5% response rate. The average of participants in the survey was 38.5 years old with the minimum age being 27 and the eldest being 64 years old.

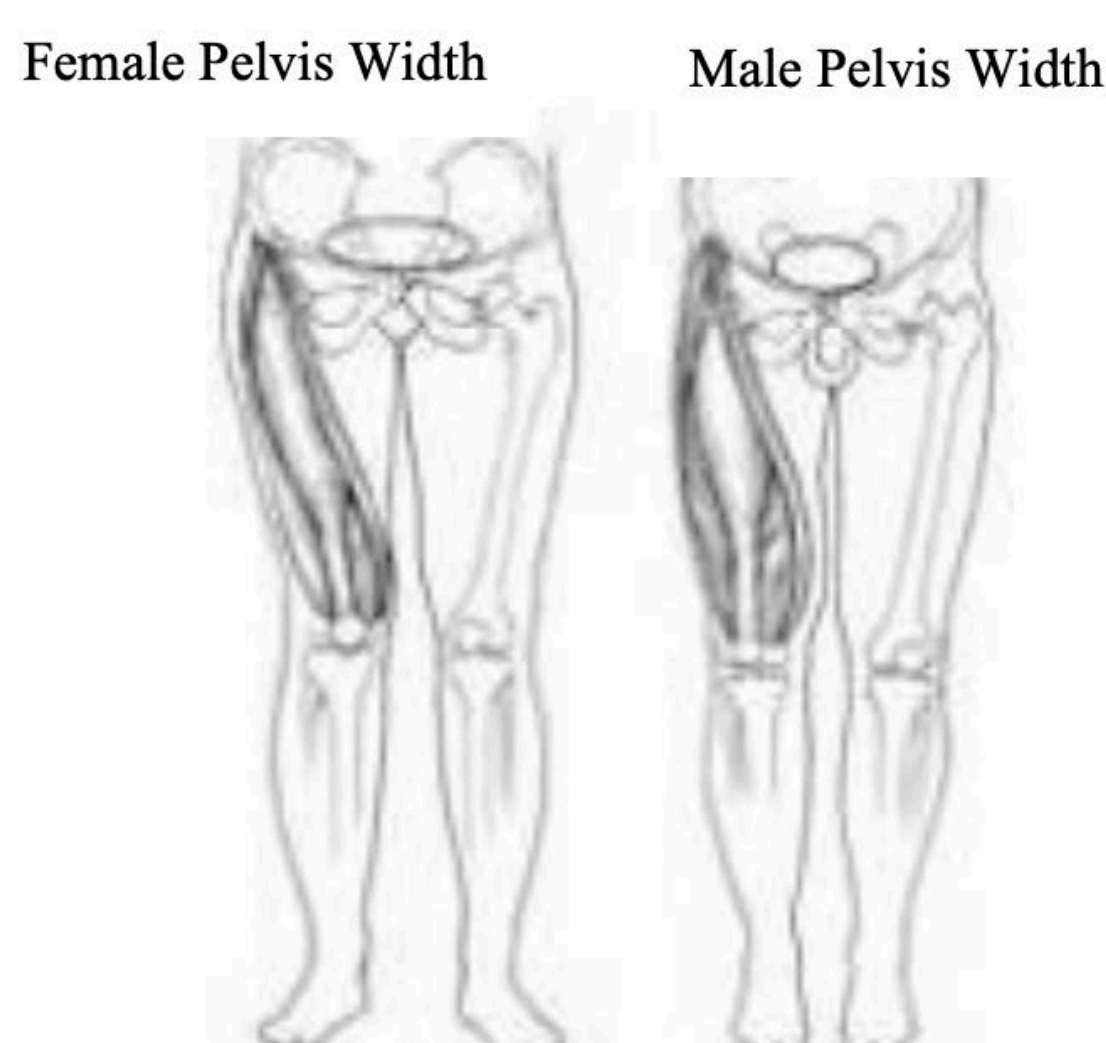
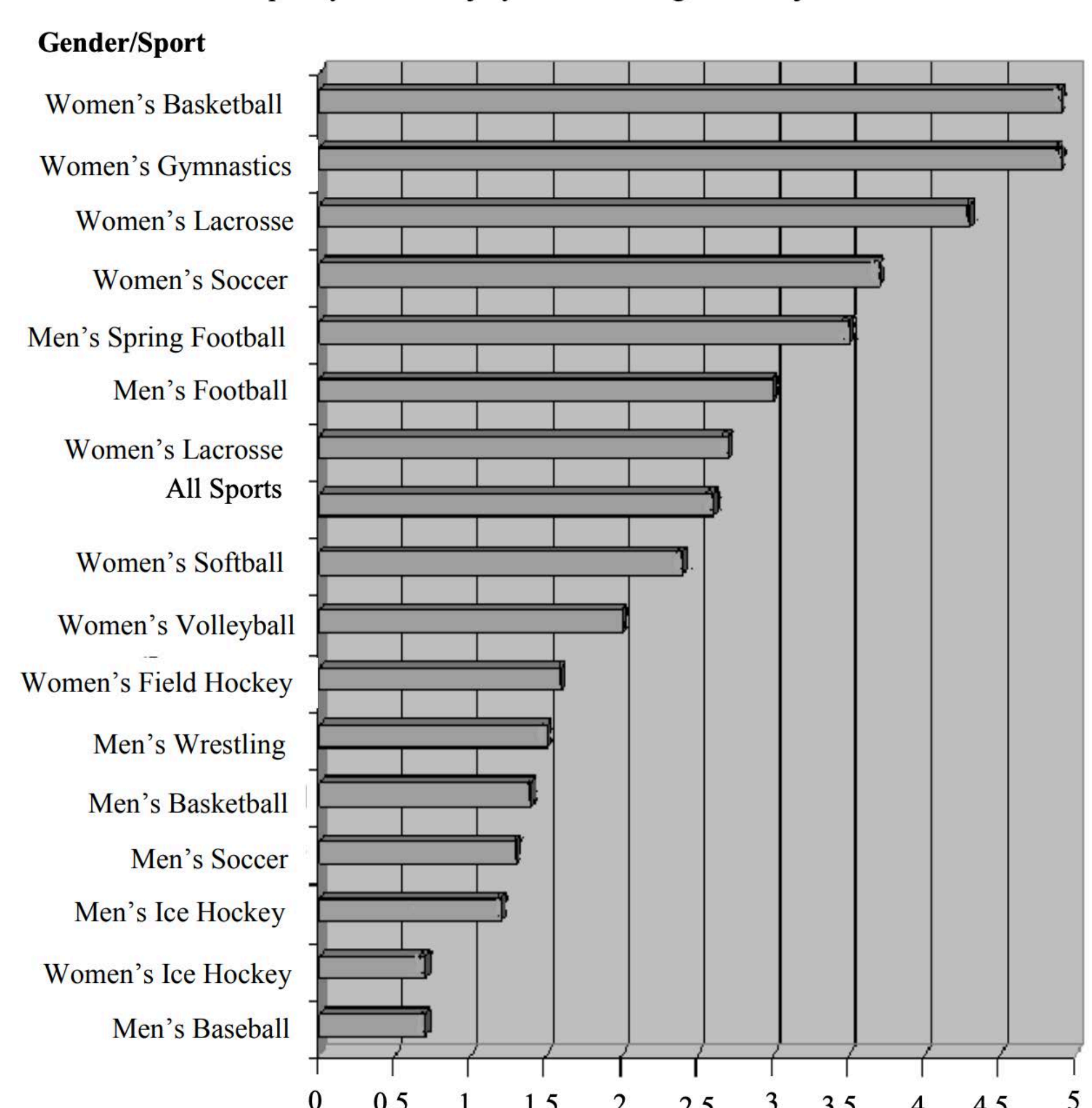


Figure 2.4 Comparison of the Width of the Female and Male Pelvis "In general, when compared with men or equal ages, women have wider pelvises as well as greater hip varus, knee valgus, and foot pronation" (Griffin 2000).

Frequency of ACL Injury as a Percentage of all Injuries



Results

The results of this study showed that non-contact ACL were more frequent than ACL injuries. Furthermore, the study found significance with the participants who stated all of the athletes participated in a program for recovery for the ACL. We could not determine if certain exercises were beneficial when included an ACL injury prevention program.

Conclusion

Our study found that non-contact ACL injuries are more frequent than contact ACL injuries. The study demonstrated that there lack of investigation of what is more convenient to decide what recovery program should be used to the athlete. Furthermore, different exercise, activities and stretches are the most efficient for each of the athlete in the specific sport. All of these to find out which program could bring down the ACL injuries in collegiate athletes. We proved out hypothesis.

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