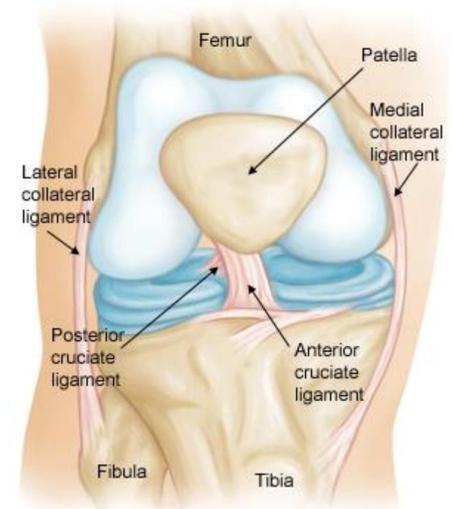


August, 2019

Paragon Orthopedic Center Grants Pass, Oregon

The ACL: Why you need to know about it *Are you at risk for tearing yours?*

The Anterior Cruciate Ligament (ACL) is very important for knee stability. The ACL, along with the PCL, or posterior cruciate ligament, control motion going back and forth in the knee. You can imagine how much stress we put on these ligaments in our daily activities, and more when we play sports. When it is compromised in a sprain or a tear, surgery is usually necessary to regain stability, depending upon the severity. You might be thinking you're not at risk for an ACL injury because you don't play aggressive sports that require jumping, pivoting, or a lot of stop and start motions. **The majority of the ACL injuries happen in non-contact situations, especially in females. Females are four to five times more likely than males to have an injury to the ACL.** This is due to anatomical differences between men and



women, with women having smaller knee notches and looser ligaments than men. Women are also more quadriceps-dominant and usually have weaker core muscles than men. There are effective methods for females to minimize the chance of an ACL injury, however. A study in 2018 revealed that the U.S. has two scientifically proven programs to decrease ACL injury in female athletes. The SportsMetrics Program and the PEP studies proved effective because of consistent training and proper mechanics. They require strength and balance training for cutting and pivoting motions, as well as a dynamic warm-up routine. These programs report up to 80% decrease in ACL injuries when used 3 times a week for 6-12 weeks.

Dr. Rob Bents at Paragon Orthopedic Center has been a pioneer for this over the past 10 years in our local high schools. He has created the SOAR Program (Southern Oregon ACL Reduction) and has worked with numerous coaches and athletes throughout the Rogue Valley and previously in Colorado. Although he has performed over 1000 ACL reconstructions, he is committed to helping prevent as many injuries as possible. ACL surgeries are expensive in time off the field, loss of scholarships, and risk of future arthritis. This program works, but only if the effort is consistently made. With an increasing focus of youth in sports specialization, these young bodies experience overuse and fatigue. Making sure your body is balanced and your core is strong are keys to reducing your chances of this sort of injury and is good for overall body health. Dr. Bents is open to introducing his program for ACL injury prevention to any high school sport or individual athlete. Get in touch with him through Paragon Orthopedics and look for his upcoming SOAR ACL video on the Paragon Orthopedics website at

www.paragonorthopedic.com.

The following articles were referenced for this newsletter:

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