Lower limb alignment in young female athletes is associated with knee joint moments during the drop vertical jump

Published On: September 27, 2018 | Pages: 001 - 005

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Background: Increased rotational forces and knee valgus forces puts strain on the anterior cruciate ligament, frequently ruptured in female athletes. Increased internal hip rotation and increased knee valgus alignment, possible risk factors for anterior cruciate ligament rupture, are more common in women than men. ...