

PROTECT HER GAME: UNDERSTANDING ACL INJURIES IN FEMALE FOOTBALL PLAYERS

Khadija Zakaria, Mona Elkholy, Engy Mohamed, Engy Wael, Menna Atef, Hana Gamal

01. What is an ACL Injury?



The anterior cruciate ligament (ACL) is one of the major stabilizing ligaments in the knee. ACL injuries often occur during dynamic movements like sudden deceleration, pivoting, and landing from jumps—movements frequently performed in football. Biomechanically, these injuries often result from non-contact mechanisms, making prevention through movement analysis crucial.

03. Prevention is Possible!

Programs informed by motion analysis can significantly reduce injury risk:

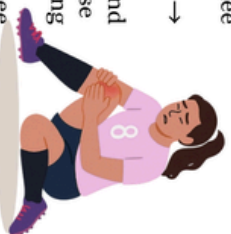
- Neuromuscular training to improve proprioception
- Strengthening exercises targeting the posterior chain
- Plyometric drills with landing mechanics feedback
- Core and hip stability training
- Real-time feedback with motion capture tools



02. Why Females Are More at Risk

Female footballers are more prone to ACL injuries due to:

- Wider hips → more knee stress
- Hormonal changes → looser ligaments
- Weaker hamstrings and delayed muscle response
- Poor landing and cutting mechanics
- Greater inward knee movement (valgus)



Get Involved

For full motion data insights and prevention protocols, scan the QR code



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