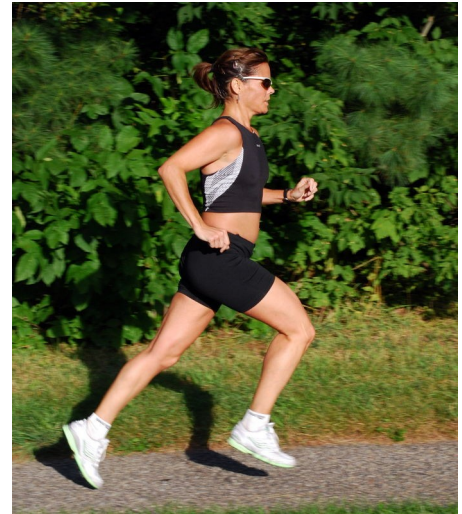




NORTHSHORE PHYSICAL THERAPY
Cedarburg Glendale Thiensville

Nice Knees Ladies!!! Prevent Serious Injuries and Pain

According to the Journal of Sport Rehabilitation it is a fact that women are more likely to suffer knee injuries. And, most seriously, women have a greater risk of suffering an anterior cruciate ligament (ACL) tear. An ACL tear is one of the most serious injuries in sports, normally requiring surgery and a long period of rehabilitation. Female athletes and active older women are susceptible to non-contact tears which occur even without impact of another person or object.



Why are women and girls more vulnerable to knee injuries?

Women have a wider pelvis which leads to a greater angle of rotation inward that puts more pressure on the knee cap. Women also tend to have less muscular development, especially in the muscle that crosses the knee cap. This is accompanied by greater knee flexibility, which may decrease knee joint stability. Other contributing factors might be weak lower abdominals or hip muscles. Finally women have increased foot mobility, which also places rotational forces on the knee.



How can women and girls prevent knee injuries?

Strengthening the body core, hip and knee muscles should increase stability and help control the knee, thus reducing ACL injury risks. Strong quads and hamstrings are also crucial for ACL injury prevention. Muscular coordination of the knee joint especially during landing and hopping drills should be trained with the correct techniques and shoes with arch support and heel control should always be worn.

See your therapist if Needed

You should seek care from your physical therapist if:

- Your knee hurts and doesn't function properly after an injury
- Your knee hurts, even when you are not putting weight on it
- You have knee pain after a popping sound or snapping sensation
- Your knee locks rigidly in one position, or you kneecap is visibly out of place
- Your knee seems unusually loose or unstable when you put weight on it
- Your knee is swollen
- The pain is continuous, persistent, severe, limiting your ability to Complete daily activities

Your physical therapist will evaluate your condition to determine the best way to help ease your pain and establish a program to manage lack of flexibility or weakness to prevent future injuries. You may also be referred to an MD for additional tests or given a home exercise program.

For more information on this subject or other physical concerns, visit our web site at: **www.worc.net**



NORTHSHORE PHYSICAL THERAPY

Three convenient locations to serve you:

Cedarburg 4922 Columbia Road **262-377-4077**

Glendale 5150 N. Port Washington Road **414-332-0707**

Thiensville 140 S. Main Street **262-478-0920**