Abstract

Women are more active and involved in sports today than has ever been seen in the past. Because of this surge in women athletics, it has been observed that women are also more prone to injuries than their male counterparts. One of the major injuries seen within female athletes is an anterior cruciate ligament (ACL) injury in the knee. The ACL is widely recognized as the most important ligament in the knee due to its influence on mechanical stability and proprioceptive feedback. When injured, recovery can and usually takes months to complete. Finding ways to prevent women from experiencing an ACL injury is crucial to overall health and increased competitiveness in the ever-growing world of women's athletics.

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