

Mayo Clinic Medical Edge

ACL Injuries in Girls

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WOMEN'S ATHLETICS HAVE COME A LONG WAY IN THE PAST 10 OR 20 YEARS. BUT THAT SUCCESS HAS A PRICE. FEMALE ATHLETES— ESPECIALLY YOUNGER ONES— OUT NUMBER MALES WHEN IT COMES TO TEARS OF THE ANTERIOR CRUCIATE LIGAMENT— THE A-C-L. EXACTLY WHY ISN'T KNOWN, BUT...
Amy McIntosh, M.D. Track 1 (9:45)	"I THINK GIRLS RUN AND JUMP AND LAND DIFFERENTLY THAN BOYS. IT'S JUST THE WAY WE'RE BUILT."
	AND THOSE DIFFERENCES, SAY MAYO CLINIC DR. AMY MCINTOSH,

	<p>COULD BE PART OF THE PROBLEM. ANOTHER THEORY IS...</p>
<p>Dr. McIntosh Track 1 (10:40)</p>	<p>“THAT WE’RE MORE PRONE TO AN A-C-L TEAR DURING CERTAIN PERIODS OF OUR MENSTRUAL CYCLE BECAUSE OF ESTROGEN RECEPTORS ON THE A-C-L.”</p>
	<p>FEMALES ALSO HAVE A SMALLER AREA INSIDE THE KNEE—WHAT’S CALLED THE NOTCH—FOR THE A- C-L TO SIT IN.</p>
<p>Dr. McIntosh Track 1 (11:45)</p>	<p>“AND SO YOU COMBINE THE INCREASED NUMBER OF GIRLS PARTICIPATING WITH SOME OF THESE QUESTIONABLY PREDISPOSING FACTORS, AND YOU’VE GOT A HIGH NUMBER OF A- C-L INJURIES IN FEMALE ADOLESCENT ATHLETES.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
