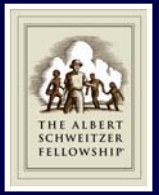




# Duke University ACL injury prevention project NC Albert Schweitzer Fellows Program Ermias Abebe, MD candidate, 2008-09 Fellow



Girls participating in soccer drills



Fitness training



Dr. William Garrett instructing NC Fellow Ermias Abebe

## Project Background:

Injury in the Anterior Cruciate Ligament (ACL) is common in sports and has been associated with the development of early osteoarthritis. Recent studies have shown women are more likely than men to injure their ACL, and that the median age for injury in this group is 16-17. The main objective of this project was to develop and implement an ACL injury prevention program for young women at a local high school in Durham County.



## Objectives :

- Target women participating in sports
- Increase awareness of ACL injury and promote practices that reduce injury
- Encourage local coaches to use injury prevention practices in team sessions

## Outcomes:

- 15 female volleyball players and 16 soccer players from Jordan High participated in the program
- They learned proper stretching techniques, jump/landing forms and how to perform high velocity maneuvering
- Developed an injury training program to be distributed locally to coaches that work with women's sports teams



Dynamic stretching

