

Favoring factors and prevention measures in the rupture of the anterior cruciate ligament at knee – level in alpine skiers

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Abstract

The factors which favor the rupture of the anterior cruciate ligament at knee-level in athletes who practice alpine skiing are associated with the continual evolution of ski equipment. Adjusting the technical behaviour to this evolution has caused extreme anatomic situations and positions for the human body. It has also had its worrying consequences regarding the body security of those who occasionally practice this sport or of those who do it on a competition basis. However, it has substantially contributed to a greater efficiency of gestures.

Prevention measures of sky injuries pertain to knowing some basic rules of anticipated and current preparation for effort of the body. The professional competences of the ski instructor may also be added to these basic rules in the case of sport practicing.

Keywords: alpine ski, favouring factors for accidents, ski equipment, technique, knee articulation, anterior cruciate ligament, prevention measures.