

Kinetherapeutic rehabilitation of ruptured anterior cruciate ligament in the knee of alpine skiers

Lorand Balint

“Transilvania” University Braşov

Abstract

The functional rehabilitation of the knee following the rupture of the anterior cruciate ligament can be achieved in two ways: through a surgical intervention or through a presently less common method focused on kinetherapeutic methods and techniques. The editorial gives a succinct analysis of the latter beginning from the posttraumatic stage of functional recovery all the way to the reintegration of the athlete in the training process.

Keywords: alpine skiing, knee joint, anterior cruciate ligament, kinetherapy, resume training.