

Experimental aspects and technico-methodical considerations regarding lesions of the cruciate anterior ligaments of the knee in alpine skiers

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Alpine skiing is a sport that presents a high rate of accidents, regardless of the motor skills that athletes possess. Currently, due to the new ski wear and equipment materials and due to the technique evolution, the most frequent injuries occur at the level of the knee joint and, specifically in the cruciate anterior ligament. The article presents several experimental studies, which highlight motor execution cases, which must be avoided in order for those who love this sport to be able to practise it safely, effectively and pleasurably.

Keywords: alpine skiing, injury, knee joint, cruciate anterior ligament, pro-accident factors.