

Adolescence Sports Injuries of the Knee: From Prevention to Treatment

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Because of increase in participation in contact or pivoting sports, such as soccer, Rugby, basketball...., there has been an increasing incidence of sports injuries among the adolescence group, particularly among the girls, with knee injuries high on the list. Apart from acute injuries such as ACL, meniscus & cartilage injuries, which can lead to serious long-term disability, there is also more and more overuse injuries of the knee being seen among this group of young patients. This is probably because of early participation and sub specialization in sports participation among adolescence nowadays, particularly among the elite/competitive group of athletes. Over the past years, advancement in different rehabilitation & surgical techniques have significantly improve the outcome of management of such kind of injuries. Nevertheless, because of the increasing incidence of injuries, more demand and resources have been allocated into the work on sports injuries prevention. This lecture will cover the recent developments in the treatment & prevention of sports injuries, among the adolescence group.