ACL injury: Is it a problem and can we prevent it from happening?

Niels Christian Kaldau, MD., Orthopedic surgeon
Sports Orthopedic Research Center –Copenhagen (SORC-C)
Department of orthopedic surgery
Amager-Hvidovre Hospital
Is ACL injury a problem in badminton?
Return to sport and return to performance after anterior cruciate ligament rupture and injury mechanism in world elite badminton players. Tan, Kaldau et al (unpublished)

- 90 players invited, 87 completed survey
- 43 % Asian, 41 % European

- 66 players from 32 countries
- 23 (±3.9SD) years
- The mean world ranking: 70 (±56.6SD)
- 63 % non-dominant leg.
Return to badminton

- In total 57 (86%) out of 66 athletes aimed to return to the elite level of competition.

- **48 (84%) return to badminton**

- no significant difference: age, sex, discipline and world ranking at time of injury

- Mean time between surgery and return to sport was **423 (±284) days.**
Return to performance

Return to performance criteria:
BWF world ranking within 10 spots or higher after the ACL injury compared to the world ranking at the time of injury.

- Twenty-nine out of 57 (50.9%)
- No significant difference: sex, age, world ranking at time of injury, continent of origin.
Return to badminton play following an ACL injury is common but only 19% return to previous performance. (Kaldau et al. unpublished)

- 626 of 900 (70%) players intended to return to badminton
- 396 (63%) return to badminton
- 273 (44%) same level
- 117 (19%) return to performance

RTS was higher among males (68% vs 58%, p=0.007)

Young tournament players did not differ from the general population: RTS 68% and RTP 20%.
Background

- Women
- Block jump in backhand side, lunge
- High valgus ankle
- Kimura et al 2010, 2012
Injury mechanism (Tan, Kaldau et al. unpublished)

- 49 of 66 (74%) during competition
- 44 of 49 (86%) during the last 2/3 of the set
- 43 of 63 (68%) in the backhand site
- 47 of 66 (70%) landing after jump
ACL injury mechanism in badminton (Kaldau et al. unpublished)
How can we prevent acl injuries?

- Prevention of anterior cruciate ligament injuries in female team handball players: a prospective intervention study over three seasons.

- A randomized controlled trial to prevent noncontact anterior cruciate ligament injury in female collegiate soccer players.
Compliance with preventive training

- **Higher rates** of compliance with neuromuscular training programs were **associated** with **lower rates of anterior cruciate ligament (ACL) injury** incidence among physically active young females.

- A potential **inverse dose-response** relationship exists between compliance with neuromuscular training and the incidence of ACL injury in young female athletes.

- **Attending and completing** prescribed neuromuscular training sessions **seem to be** integral components of preventing ACL injuries in young female athletes.

Technique and physical capacity

- Avoid stiff landings on almost fully extended knee (Bencke, Aagaard and Zebis, 2018)

- Train high activation of medial hamstrings to reduce the risk (Bencke, Aagaard and Zebis, 2018)

- Single kettle bell swing
- Nordic hamstrings

- Train trunk stability and hip muscle strength (Kroshaug et al., 2007; Carlson, Sheehan and Boden, 2016)
**Possible target areas to achieve better Return to play**

- Time from injury to surgery
- Pre-surgery rehab
- Mental coaching during the recovery
- Support by the team
Injury prevention starts early in life
Thank You