



soccer

the center for the female athlete
**Injury Prevention and
Sportmetrics™**

Soccer is one of, if not the most, popular sport in the world. Kids of all ages have a love of the game, which encourages both teamwork and individual growth. But with any sport, soccer carries the risk for injury, especially injuries to the anterior cruciate ligament or ACL.

The ACL is one of four major ligaments in the knee. It stops the shin-bone (tibia) from sliding forwards during knee movement. Without it, the knee joint is unstable and subject to injuries. ACL tears are typically a result of landing or cutting incorrectly, which is called a plant/pivot injury. A plant/pivot injury that results in an ACL tear is common in female athletes.



Research shows that boys and girls jump and cut the same way until their early teens. Sometime during the early teens, puberty causes girls to change their mechanics. It may be due to a change in their center-of-gravity or a change in their Q-angle (the

angle created if you draw a line from the hips to the knees to the ankles). Whatever the cause, girls and boys performing sports maneuvers at this age clearly demonstrate that they do it differently. The mechanics the girls use puts them at higher risk of an ACL tear than their male counterparts.

Learn more about how The Center for the Female Athlete reduces risk of injury at:

childrensdayton.org/centerforthefemaleathlete

Quick Facts

-  Female athletes have a five times higher chance of tearing their ACL in sports than boys
-  Women's soccer has an ACL tear rate higher than most other sports
-  When athletes are retrained in how they cut, jump, and perform other sports maneuvers, their risk of tearing the ACL goes down



our all female team

Solely run by an all female team, The Center for the Female Athlete prides itself on helping female athletes prevent injuries, become mentally stronger, and reach athletic goals.

Lora Scott, MD

Sports Medicine Physician

Sarah Steward, MD

Orthopedic Surgeon

Linh-Han Ikehara, MSW, LISW-S

Behavioral Health Therapist

Jamie Broz, MED, ATC

Manager

Karly Steenbock, MS, AT, ATC

Athletic Trainer

Megan Christoffel PT, DPT

Physical Therapist

Maria Brumfield, MS, RDN, LD

Dietitian

Are you ready to make an appointment?

You can request an appointment online anytime or give us a call at 937-641-4876 during normal hospital business operating hours of 8:00 am - 5:00 pm Monday-Friday. Visit childrensdayton.org/centerforthefemaleathlete

Who is eligible for The Center for the Female athlete?

We see patients ages 12-22 for a variety of conditions such as:

- Nutritional concerns
- Sport specific injury prevention
- Bone health and bone density testing
- Risk assessment for the RED-S female athlete triad
- Mental health screening
- Performance anxiety/body image issues

Location

South Campus

3333 West Tech Road
Miamisburg, Ohio 45342



@The_Female_Athlete



@TheFemaleAthleteOfficial

