

Abstract

Title: Anterior Cruciate Ligament Injury in Judo

Objectives: Based on current scientific knowledge, describe and summarize aspects of knee injuries in judo, specifically the anterior cruciate ligament (ACL). Get an overview of the causes of this injury, frequency of occurrence and possible impact on quality of life.

Methods: Narrative review

Results: The anterior cruciate ligament is a very important stabilizer of the knee joint, and its injury causes not only long absences in training but even the complete termination of a sports career. Furthermore, it has been found that motor functions can be restored after an injury to the anterior cruciate ligament, but kinesthesia (the sense of movement and perception of movement by stimulation of receptors in muscles and tendons) can be permanently impaired. The impact of this injury is also an increase in the risk of osteoporosis in the knee joint in younger people. Anterior cruciate ligament injuries affect more women than men, and the most commonly performed techniques in which this injury occurs are osoto-gari and kosoto-gari.

Key words: knee, sports injury, judo, ACL, quality of life