

## ABSTRACT

This work is focused on the return of athletes who study physical education at universities to sports and active movement after a knee injury, specifically after a rupture of the anterior cruciate ligament (ligamentum cruciatum anterius – LCA). The LCA is an important stabilizer of the knee joint, its rupture is one of the frequent and serious knee injuries during sports. Rupture of the LCA has very serious consequences for the biomechanics of the knee joint. The thesis describes the anatomy of the knee joint and possible causes of LCA injuries. The diploma thesis also deals with methods of injury diagnosis and treatment options. The aim of the thesis is to find out whether, after experiencing this injury, the athletes were able to return to sport without performance limitations and, if so, how their recovery took place.

## KEYWORDS

anterior cruciata ligament, injury, students, sports, recovery, rehabilitation