

ABSTRACT

Title: Differences in Approaches to Prevention and Therapy for Female and Male Football Players with ACL Injuries – A Systematic Review

Objective: The main aim of this thesis is to investigate whether there are different approaches to the prevention and treatment of ACL injuries in male and female football players.

Methods: The thesis is prepared as a theoretical text in the form of a systematic literature search using PubMed, Web of Science and PEDro databases. The first part of the thesis contains the current status of the studied issue, theoretical background and treatment options for ACL injuries. The second part is descriptive-analytical in nature. It contains an analysis of the studies included in the thesis.

Results: After the search, 4 studies met the criteria. Each of them focused on injury prevention, but unfortunately none of them investigated physiotherapy as such. However, the evaluation of the studies shows that both men and women use the same prevention programmes in football, which can reduce the risk of injury by up to 50 %. A limitation of the search is that most of the studies used did not examine the effect of prevention on both sexes simultaneously.

Keywords: ACL, LCA, přední zkřížený vaz, ruptura, plastika, prevence, poranění, fyzioterapie, rehabilitace, postup, ženy, muži, fotbal, zranění, kontakt, ACL injury, soccer, football, women, female, men, male, prevention, therapy, physical therapy