



**ANALYSIS OF KNEE VALGUS RISK FACTOR FOR ANTERIOR CRUCIATE LIGAMENT RUPTURE IN PROFESSIONAL FOOTBALL PLAYERS**

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**Abstract :**The anterior cruciate ligament (ACL) injury in particular, at the women’s football, is a serious injury to treat actually, because, already is one of the most common infury around all the teams women’s world. To evaluate the valgus moment with drop vertical jump will be a good method to improve the programs about injury prevention.

The first objective of this study will be to produce change on a jump technique to observe the soaps on the ROM’s knee and then, the effect to take place about the body, particularly, around the knee moments.

Fourteen football players (age  $16 \pm 18$  years; mass  $59,13 \pm 7,8$  kg; heigh  $1,65 \pm 0,08$ cm) from the autonomic selección of womens football take place in this investigation. We analyze the variables of flexion and extensión and the abd- adduction of the knee, throught viedo analysis with high definiton cameras and via feedback and forward.

The women’s football players increase her knee flexion between the first and second intervention an average of  $7.93 \pm 8.81$ o and the valgus knee decrease an average of  $8.00 \pm 12.61$ o.

The technique training of DVJ and to improve throught verbals estimulations, all of this, make a decrease of valgus knee and increase knee flexion. With this conclusions we can predict about DVJ and the this method will be a good one, for evaluation and prevention the ACL iniurv.



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