

Serious Anterior Cruciate Ligament Injuries at the Individuals who have Irregular Sport Activity on the Artificial Playing Surfaces

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Objectives: The goals of this study that to present the individual's features who have serious Anterior Cruciate Ligament (ACL) injuries of the knee that performing irregular sportive activities on the Artificial Playing Surface (APS).

Methods: 87 patients who underwent arthroscopic ACL reconstruction Between April 2011 and March 2014, were evaluated. All patients questioned about the injury mechanisms, shoe types, frequency of sporting activity, time of warm-up exercises before sporting activity, types of APS, body mass index (BMI), return to work, frequency of return to previous sportive activity after surgery and rehabilitation period.

Conclusion: Irregular sportive activity with insufficient equipment on the artificial playing surface causes the serious ACL injuries that have to managed by surgical procedures resulting with loose of working time due to indispensable hospitalisation and rehabilitation period and significant economical losses.

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