

WEBVTT

NOTE duration: "00:04:28.757"

NOTE Confidence: 0.9947955

00:00:06.160 --> 00:00:07.759 The knee is absolutely essential

NOTE Confidence: 0.9947955

00:00:07.759 --> 00:00:09.059 for movement and ability.

NOTE Confidence: 0.9823917

00:00:09.679 --> 00:00:10.960 It allows us to do

NOTE Confidence: 0.9823917

00:00:10.960 --> 00:00:12.500 any activity that we perform

NOTE Confidence: 0.9823917

00:00:12.785 --> 00:00:14.545 from simple walking to running,

NOTE Confidence: 0.9823917

00:00:14.545 --> 00:00:16.225 jumping, dancing, or kicking a

NOTE Confidence: 0.9823917

00:00:16.225 --> 00:00:16.725 ball.

NOTE Confidence: 0.97513324

00:00:17.505 --> 00:00:18.945 A ligament is a tight

NOTE Confidence: 0.97513324

00:00:18.945 --> 00:00:20.704 fibrous band that connects two

NOTE Confidence: 0.97513324

00:00:20.704 --> 00:00:22.064 bones to each other, usually

NOTE Confidence: 0.97513324

00:00:22.064 --> 00:00:23.185 in or around a joint.

NOTE Confidence: 0.97513324

00:00:23.185 --> 00:00:24.224 And what ligaments do is

NOTE Confidence: 0.97513324

00:00:24.224 --> 00:00:25.765 they allow joints to move

NOTE Confidence: 0.97513324

00:00:25.904 --> 00:00:27.125 without becoming unstable.

NOTE Confidence: 0.9705108

00:00:28.060 --> 00:00:29.740 There are four primary ligaments
NOTE Confidence: 0.9705108

00:00:29.740 --> 00:00:30.460 in the knee that we
NOTE Confidence: 0.9705108

00:00:30.460 --> 00:00:32.300 think about. The MCL, the
NOTE Confidence: 0.9705108

00:00:32.300 --> 00:00:34.220 LCL, the PCL, and then
NOTE Confidence: 0.9705108

00:00:34.220 --> 00:00:35.760 most importantly, the ACL.
NOTE Confidence: 0.9741151

00:00:36.380 --> 00:00:37.260 The ACL is in the
NOTE Confidence: 0.9741151

00:00:37.260 --> 00:00:38.220 center of your knee and
NOTE Confidence: 0.9741151

00:00:38.220 --> 00:00:40.000 it basically provides both rotational
NOTE Confidence: 0.9741151

00:00:40.220 --> 00:00:42.059 and forward stability to your
NOTE Confidence: 0.9741151

00:00:42.059 --> 00:00:42.559 knee.
NOTE Confidence: 0.9755363

00:00:44.195 --> 00:00:45.554 So the ligaments have some
NOTE Confidence: 0.9755363

00:00:45.554 --> 00:00:46.434 give to them, but they
NOTE Confidence: 0.9755363

00:00:46.434 --> 00:00:47.635 have a breaking point if
NOTE Confidence: 0.9755363

00:00:47.635 --> 00:00:48.594 a joint is moved in
NOTE Confidence: 0.9755363

00:00:48.594 --> 00:00:49.394 a way that it wasn't
NOTE Confidence: 0.9755363

00:00:49.394 --> 00:00:50.135 meant to.

NOTE Confidence: 0.95061994

00:00:50.675 --> 00:00:51.475 There are two main ways

NOTE Confidence: 0.95061994

00:00:51.475 --> 00:00:52.754 that the ACL gets injured,

NOTE Confidence: 0.95061994

00:00:52.754 --> 00:00:54.195 especially in a sports context.

NOTE Confidence: 0.95061994

00:00:54.195 --> 00:00:55.234 The first is simply if

NOTE Confidence: 0.95061994

00:00:55.234 --> 00:00:56.590 someone gets struck in the

NOTE Confidence: 0.95061994

00:00:56.590 --> 00:00:58.270 knees. But actually, interestingly, just

NOTE Confidence: 0.95061994

00:00:58.270 --> 00:00:59.410 as if not more commonly,

NOTE Confidence: 0.95061994

00:00:59.410 --> 00:01:00.750 are non contact injuries to

NOTE Confidence: 0.95061994

00:01:00.750 --> 00:01:02.030 the ACL. When basically a

NOTE Confidence: 0.95061994

00:01:02.030 --> 00:01:03.949 player stops and turns or

NOTE Confidence: 0.95061994

00:01:03.949 --> 00:01:05.310 twists or moves to the

NOTE Confidence: 0.95061994

00:01:05.310 --> 00:01:06.750 side and the combined force

NOTE Confidence: 0.95061994

00:01:06.750 --> 00:01:07.950 of the body rotating or

NOTE Confidence: 0.95061994

00:01:07.950 --> 00:01:09.069 turning or twisting is too

NOTE Confidence: 0.95061994

00:01:09.069 --> 00:01:09.950 much for the ACL to

NOTE Confidence: 0.95061994

00:01:09.950 --> 00:01:11.090 withstand and it tears.
NOTE Confidence: 0.9853528

00:01:12.104 --> 00:01:13.244 For most athletes,
NOTE Confidence: 0.9548251

00:01:13.545 --> 00:01:15.145 having an ACL tear means
NOTE Confidence: 0.9548251

00:01:15.145 --> 00:01:17.084 having a surgery to reconstruct
NOTE Confidence: 0.9548251

00:01:17.225 --> 00:01:18.344 or in some cases to
NOTE Confidence: 0.9548251

00:01:18.344 --> 00:01:19.244 repair the ligament.
NOTE Confidence: 0.9851851

00:01:20.344 --> 00:01:21.865 So it's unusual for an
NOTE Confidence: 0.9851851

00:01:21.865 --> 00:01:23.485 athlete to return to competitive
NOTE Confidence: 0.9851851

00:01:23.625 --> 00:01:25.304 play in really less than
NOTE Confidence: 0.9851851

00:01:25.304 --> 00:01:26.505 nine months. We're talking about
NOTE Confidence: 0.9851851

00:01:26.505 --> 00:01:27.700 young people who are planning
NOTE Confidence: 0.9851851

00:01:27.700 --> 00:01:28.819 the arc of their lives
NOTE Confidence: 0.9851851

00:01:28.819 --> 00:01:29.619 based on what they can
NOTE Confidence: 0.9851851

00:01:29.619 --> 00:01:31.619 athletically achieve during their teenage
NOTE Confidence: 0.9851851

00:01:31.619 --> 00:01:32.899 years. So an injury can
NOTE Confidence: 0.9851851

00:01:32.899 --> 00:01:34.020 take them far away from

NOTE Confidence: 0.9851851

00:01:34.020 --> 00:01:35.240 where they wanna be.

NOTE Confidence: 0.98516715

00:01:42.084 --> 00:01:43.925 So we know that female

NOTE Confidence: 0.98516715

00:01:43.925 --> 00:01:45.605 athletes are facing an uphill

NOTE Confidence: 0.98516715

00:01:45.605 --> 00:01:46.645 battle. There are lots of

NOTE Confidence: 0.98516715

00:01:46.645 --> 00:01:48.345 different challenges that are unique

NOTE Confidence: 0.98516715

00:01:48.405 --> 00:01:48.985 to them.

NOTE Confidence: 0.9978642

00:01:49.285 --> 00:01:50.405 There are a number of

NOTE Confidence: 0.9978642

00:01:50.405 --> 00:01:52.245 reasons that we've hypothesized that

NOTE Confidence: 0.9978642

00:01:52.245 --> 00:01:53.765 female athletes are more prone

NOTE Confidence: 0.9978642

00:01:53.765 --> 00:01:54.665 to these injuries.

NOTE Confidence: 0.9993419

00:01:54.965 --> 00:01:55.740 Some of them have to

NOTE Confidence: 0.9993419

00:01:55.740 --> 00:01:56.400 do with

NOTE Confidence: 0.9875837

00:01:56.940 --> 00:01:58.060 anatomy. After you go through

NOTE Confidence: 0.9875837

00:01:58.060 --> 00:01:59.260 puberty, your hips get wider

NOTE Confidence: 0.9875837

00:01:59.260 --> 00:02:00.380 and your knees are closer

NOTE Confidence: 0.9875837

00:02:00.380 --> 00:02:01.900 together, which tends to put
NOTE Confidence: 0.9875837

00:02:01.900 --> 00:02:02.700 the knee in a little
NOTE Confidence: 0.9875837

00:02:02.700 --> 00:02:04.320 bit of a risky position.
NOTE Confidence: 0.982907

00:02:04.860 --> 00:02:06.780 We also think hormone levels
NOTE Confidence: 0.982907

00:02:06.780 --> 00:02:08.085 may play a role. There,
NOTE Confidence: 0.982907

00:02:08.325 --> 00:02:09.285 have been observed to be
NOTE Confidence: 0.982907

00:02:09.285 --> 00:02:10.405 some differences in the frequency
NOTE Confidence: 0.982907

00:02:10.405 --> 00:02:12.245 of ACL injuries at different
NOTE Confidence: 0.982907

00:02:12.245 --> 00:02:13.605 portions of the menstrual cycle,
NOTE Confidence: 0.982907

00:02:13.605 --> 00:02:14.885 for example. And then finally,
NOTE Confidence: 0.982907

00:02:14.885 --> 00:02:16.165 there's probably a training or
NOTE Confidence: 0.982907

00:02:16.165 --> 00:02:16.745 a biomechanical
NOTE Confidence: 0.97656006

00:02:17.125 --> 00:02:18.485 and strength difference, and that
NOTE Confidence: 0.97656006

00:02:18.485 --> 00:02:19.285 leads to a little bit
NOTE Confidence: 0.97656006

00:02:19.285 --> 00:02:20.485 of an imbalance. It is
NOTE Confidence: 0.97656006

00:02:20.485 --> 00:02:21.305 really difficult

NOTE Confidence: 0.9864274
00:02:21.900 --> 00:02:22.860 to adjust to this, you
NOTE Confidence: 0.9864274
00:02:22.860 --> 00:02:24.800 know, life altering injury, especially
NOTE Confidence: 0.9864274
00:02:24.860 --> 00:02:26.400 in a period of adolescence.
NOTE Confidence: 0.997894
00:02:26.780 --> 00:02:28.220 That can change their sense
NOTE Confidence: 0.997894
00:02:28.220 --> 00:02:29.419 of self, their sense of
NOTE Confidence: 0.997894
00:02:29.419 --> 00:02:31.020 self worth, how they relate
NOTE Confidence: 0.997894
00:02:31.020 --> 00:02:31.919 to their peers.
NOTE Confidence: 0.98042697
00:02:33.735 --> 00:02:35.575 It's really important to meet
NOTE Confidence: 0.98042697
00:02:35.575 --> 00:02:37.174 those athletes where they are
NOTE Confidence: 0.98042697
00:02:37.174 --> 00:02:38.215 and then come up with
NOTE Confidence: 0.98042697
00:02:38.215 --> 00:02:39.974 a positive kind of strengths
NOTE Confidence: 0.98042697
00:02:39.974 --> 00:02:41.514 oriented plan to get there.
NOTE Confidence: 0.9761386
00:02:47.360 --> 00:02:48.480 The goal of the program
NOTE Confidence: 0.9761386
00:02:48.480 --> 00:02:50.080 is to provide a safe
NOTE Confidence: 0.9761386
00:02:50.080 --> 00:02:52.480 evidence based medical home for
NOTE Confidence: 0.9761386

00:02:52.480 --> 00:02:53.460 female athletes
NOTE Confidence: 0.96984196

00:02:53.760 --> 00:02:54.880 so that they can get
NOTE Confidence: 0.96984196

00:02:54.880 --> 00:02:56.720 tailored care to themselves to
NOTE Confidence: 0.96984196

00:02:56.720 --> 00:02:58.000 help them reach their peak
NOTE Confidence: 0.96984196

00:02:58.000 --> 00:02:58.500 goals.
NOTE Confidence: 0.9711359

00:02:59.325 --> 00:03:00.764 Our team includes an orthopedic
NOTE Confidence: 0.9711359

00:03:00.764 --> 00:03:02.764 surgeon, non operative sports medicine,
NOTE Confidence: 0.9711359

00:03:02.764 --> 00:03:05.165 adolescent medicine and gynecology, pediatric
NOTE Confidence: 0.9711359

00:03:05.165 --> 00:03:07.405 and adolescent psychology, athletic training,
NOTE Confidence: 0.9711359

00:03:07.405 --> 00:03:08.545 and nursing support.
NOTE Confidence: 0.99680454

00:03:09.245 --> 00:03:10.365 We think we can address
NOTE Confidence: 0.99680454

00:03:10.365 --> 00:03:12.525 a really broad array of
NOTE Confidence: 0.99680454

00:03:12.525 --> 00:03:14.500 potential injuries and issues. Those
NOTE Confidence: 0.99680454

00:03:14.500 --> 00:03:15.720 would include concussions,
NOTE Confidence: 0.9445556

00:03:16.180 --> 00:03:18.040 any type of orthopedic injury.
NOTE Confidence: 0.9445556

00:03:18.100 --> 00:03:19.460 We also though really wanna

NOTE Confidence: 0.9445556
00:03:19.460 --> 00:03:20.660 look at their overall health,
NOTE Confidence: 0.9445556
00:03:20.660 --> 00:03:21.960 so nutritional concerns,
NOTE Confidence: 0.9982144
00:03:22.500 --> 00:03:23.880 concerns related to menstruation.
NOTE Confidence: 0.9928717
00:03:24.660 --> 00:03:25.620 There's so much to be
NOTE Confidence: 0.9928717
00:03:25.620 --> 00:03:26.660 said about the importance of
NOTE Confidence: 0.9928717
00:03:26.660 --> 00:03:27.160 psychology
NOTE Confidence: 0.98266715
00:03:27.505 --> 00:03:29.264 to treating athletes, and we
NOTE Confidence: 0.98266715
00:03:29.264 --> 00:03:30.225 feel that that's a really
NOTE Confidence: 0.98266715
00:03:30.225 --> 00:03:31.125 essential component.
NOTE Confidence: 0.97578496
00:03:32.865 --> 00:03:34.865 There are increased pressures to
NOTE Confidence: 0.97578496
00:03:34.865 --> 00:03:36.225 perform in a certain way.
NOTE Confidence: 0.97578496
00:03:36.225 --> 00:03:37.845 There are body image concerns,
NOTE Confidence: 0.9926727
00:03:38.225 --> 00:03:40.145 and we know that female
NOTE Confidence: 0.9926727
00:03:40.145 --> 00:03:41.849 athletes are at twice as
NOTE Confidence: 0.9926727
00:03:41.849 --> 00:03:43.629 much of risk for experiencing
NOTE Confidence: 0.9926727

00:03:43.690 --> 00:03:45.930 depressive symptoms after an injury.

NOTE Confidence: 0.9926727

00:03:45.930 --> 00:03:48.250 We're working on helping these

NOTE Confidence: 0.9926727

00:03:48.250 --> 00:03:50.590 young athletes navigate that journey.

NOTE Confidence: 0.9665351

00:03:52.489 --> 00:03:54.215 No two athletes and no

NOTE Confidence: 0.9665351

00:03:54.215 --> 00:03:54.715 two

NOTE Confidence: 0.98195183

00:03:55.015 --> 00:03:56.534 teenagers are the same. We

NOTE Confidence: 0.98195183

00:03:56.534 --> 00:03:57.415 have a lot of time

NOTE Confidence: 0.98195183

00:03:57.415 --> 00:03:58.454 that we allocate for each

NOTE Confidence: 0.98195183

00:03:58.454 --> 00:03:59.974 of our patients. We're really

NOTE Confidence: 0.98195183

00:03:59.974 --> 00:04:01.094 able to get to know

NOTE Confidence: 0.98195183

00:04:01.094 --> 00:04:02.614 the whole person and take

NOTE Confidence: 0.98195183

00:04:02.614 --> 00:04:04.234 all of the medical, social,

NOTE Confidence: 0.98195183

00:04:04.295 --> 00:04:04.795 psychological,

NOTE Confidence: 0.9827798

00:04:05.734 --> 00:04:07.690 and orthopedic structural stuff into

NOTE Confidence: 0.9827798

00:04:07.690 --> 00:04:08.190 account.

NOTE Confidence: 0.97026503

00:04:08.730 --> 00:04:09.850 When I see someone who's

NOTE Confidence: 0.97026503

00:04:09.850 --> 00:04:10.890 not just healed from their

NOTE Confidence: 0.97026503

00:04:10.890 --> 00:04:12.330 ACL surgery, but is feeling

NOTE Confidence: 0.97026503

00:04:12.330 --> 00:04:13.610 healthy and feeling ready, feeling

NOTE Confidence: 0.97026503

00:04:13.610 --> 00:04:15.209 mentally strong, feeling like they've

NOTE Confidence: 0.97026503

00:04:15.209 --> 00:04:16.810 got their nutrition worked out

NOTE Confidence: 0.97026503

00:04:16.810 --> 00:04:18.002 and goes back to sport

NOTE Confidence: 0.97026503

00:04:18.002 --> 00:04:19.122 and succeeds and feels great

NOTE Confidence: 0.97026503

00:04:19.122 --> 00:04:20.322 about themselves, that's the best

NOTE Confidence: 0.97026503

00:04:20.322 --> 00:04:21.222 possible feeling.