

Part I Introduction

- 1 The ACL: Anatomy, Biomechanics, Mechanisms of Injury, and the Gender Disparity 3**
Frank R. Noyes and Sue D. Barber-Westin

Part II The Impact of ACL Injuries: Short- and Long-Term Effects on the Knee Joint

- 2 Consequences of Complete ACL Ruptures 27**
Sue D. Barber-Westin and Frank R. Noyes
- 3 ACL Reconstruction: Chondroprotective Effects, Risks of Reinjury 55**
Frank R. Noyes and Sue D. Barber-Westin

Part III Proposed Risk Factors of Noncontact ACL Injuries

- 4 Role of Shoe–Surface Interaction and Noncontact ACL Injuries 85**
Ariel V. Dowling and Thomas P. Andriacchi
- 5 Neuromuscular Differences Between Men and Women 109**
Timothy C. Sell and Scott M. Lephart
- 6 Gender Differences in Muscular Protection of the Knee 125**
Benjamin Noonan and Edward M. Wojtys
- 7 Effects of Alterations in Gait Mechanics on the Development of Osteoarthritis in the ACL-Deficient Knee 137**
Ajit M.W. Chaudhari, Laura C. Schmitt,
and Thomas P. Andriacchi
- 8 Analysis of Male and Female Athletes' Muscle Activation Patterns During Running, Cutting, and Jumping 149**
William P. Ebben
- 9 Proximal Risk Factors for ACL Injury: Role of Core Stability 169**
Ajit M.W. Chaudhari, Steve T. Jamison, and Thomas M. Best

10	Proximal Risk Factors for ACL Injury: Role of the Hip.	185
	Susan M. Sigward and Christine D. Pollard	
11	Gender Differences in Core Strength and Lower Extremity Function During the Single-Leg Squat Test.	203
	Mary Lloyd Ireland, Thomas Durbin, and Lori A. Bolgla	
12	Gender Effect of Fatigue on Lower Extremity Kinematics and Kinetics During Athletic Tasks	221
	James Onate and Nelson Cortes	
13	Testing for Neuromuscular Problems and Athletic Performance.	235
	Sue D. Barber-Westin and Frank R. Noyes	

Part IV ACL Injury Prevention Programs

14	Sportsmetrics ACL Intervention Training Program: Components, Results.	275
	Frank R. Noyes and Sue D. Barber-Westin	
15	Sports-Specific Programs for Soccer, Basketball, Volleyball, and Tennis.	309
	Sue D. Barber-Westin and Frank R. Noyes	
16	ACL Injury Prevention in Soccer: The Santa Monica Experience.	357
	Holly J. Silvers and Bert R. Mandelbaum	
17	ACL Injury Prevention Warm-up Programs	371
	Frank R. Noyes and Sue D. Barber-Westin	
18	Effect of Intervention Programs on Reducing the Incidence of ACL Injuries, Improving Neuromuscular Deficiencies, and Enhancing Athletic Performance.	391
	Sue D. Barber-Westin and Frank R. Noyes	

Part V Reducing the Risk of Reinjury After ACL Reconstruction

19	Rehabilitation After ACL Reconstruction	427
	Timothy P. Heckmann, Frank R. Noyes, and Sue D. Barber-Westin	
20	Restoration of Proprioception and Neuromuscular Control Following ACL Injury and Surgery	455
	Kevin E. Wilk	

Part VI Future Directions

21 Promotion of ACL Intervention Training Worldwide 487
Sue D. Barber-Westin and Frank R. Noyes

22 What We Know and Goals for Future Research 507
Sandra J. Shultz and Randy J. Schmitz

Index. 525