### Mayo Clinic Minute

#### Preventing ACL injuries in female athletes

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<td>A torn ACL, or anterior cruciate ligament, is the No. 1 reason women miss time from sports because of injury.</td>
<td>In fact, women are three to six times more likely to tear an ACL than men.</td>
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**00:02:38**  
**Timothy Hewett, Ph.D.**  
**Orthopedic Surgery**  
**Mayo Clinic**  

“**In women or girls playing high school or collegiate sports, the collegiate level, around 1 in 20; at the high school level, more around 1 in 60; whereas, males, it's going to happen more like 1 in every 250 to 300.”**

Dr. Timothy Hewett heads up sports medicine research at Mayo Clinic and says the reason women tear their ACL more often than men is because they tend to rely on different muscles and ligaments than men while jumping and running.

He suggests women practice hopping vertically on one leg, and hopping forward and backward.

And when women learn to land with their feet under them so they don’t have to rotate their knees, Dr. Hewett says they cut their chances of tearing an ACL.

**00:07:03**

“We demonstrated that overall in the injuries, you could reduce the risk 50 percent. For specifically noncontact ACL injuries, you could reduce the risk about two-thirds or about 70 percent.”

For the Mayo Clinic News Network, I’m Ian Roth.