



# Importance of Linking Mental Health and Physical Recovery in Females

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## Females and ACL tears:

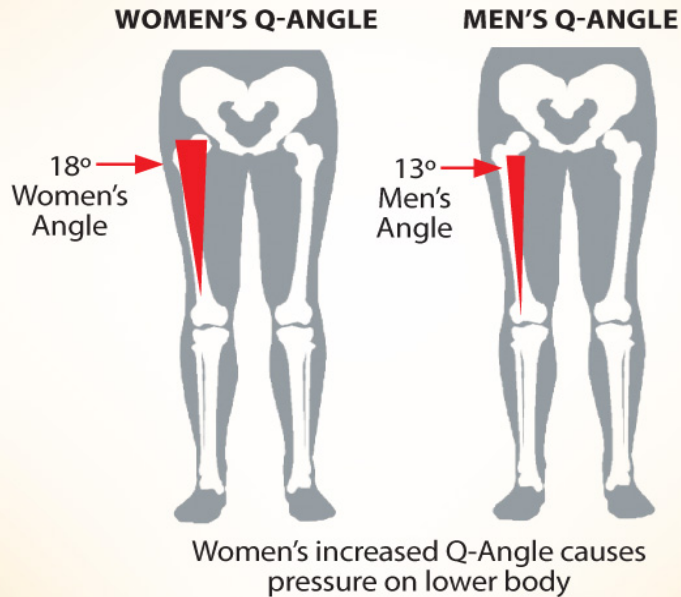
Females are more at risk for tearing their ACLs due to multiple "risk factors". These include:

- Environmental risk factors
- Anatomic risk factors (Q-angle)
- Hormonal risk factors
- Neuromuscular risk factors

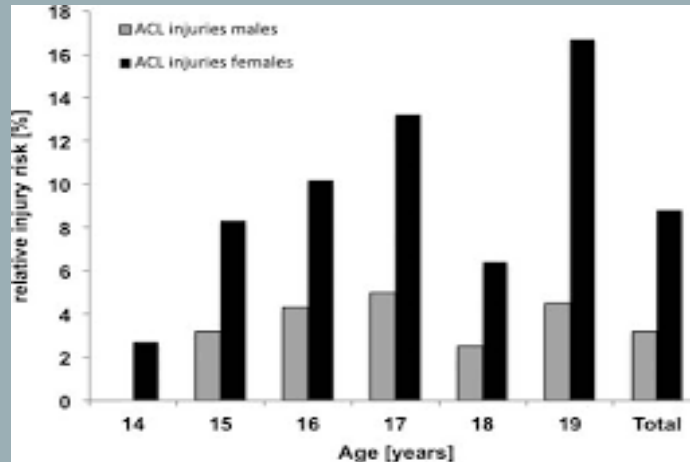


**RESEARCH QUESTION:**  
THE EFFECT OF MENTAL HEALTH ON ACL REHABILITATION IN FEMALE COLLEGIATE ATHLETES

## What is the Q-Angle?



## Male vs. Female ACL tear risk:



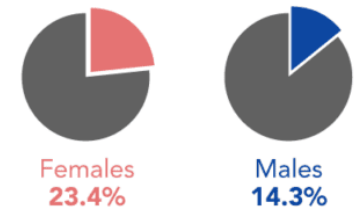
## Females and Anxiety/Depression:

% of teens ages 12-17 who have had at least one major depressive episode in the past year, 2017



## Anxiety Among Genders

Past Year Prevalence



Despite all of this, most research on mental health and physical recovery:

- Consists of mostly male participants
- Does not include teenage age participants
- Does not look into the affects of anxiety