

Abstract

Title: Rehabilitation exercises for primary and secondary prevention of damage to the anterior cruciate ligament

Objectives: The main goal of my work is to inform the public of the problem of training events ligament injuries, and offer solutions. I will focus on the description of the knee and then the anterior cruciate ligament surgery itself. Emphasize the most common causes of damage to the structures and opportunities for redress. The next section will show the possibility of exercise before and after surgery and try to compare different approaches to physical activity after surgery. I want to focus primarily on the possibility of home exercise training events structures.

Methods: In my work I focused on a search of available literature and the opinions of individual authors.

Keywords: Ligament cruciate anterior, operation, lesion, compensation exercises