

H. Boeth/C. Morgenstern/D. Pourat/L. Krahl/F. Köhnecke/A. Schlausch/ T. Jung/C. Perka/G. N. Duda

KNIEGELENKSTABILISIERUNGS- TRAINING

Literatur

- Ageberg, E., Zätterstrom, R., Moritz, U. & Fridén, T. (2001). Influence of supervised and unsupervised training on postural control after an acute anterior cruciate ligament rupture: a 3-year longitudinal prospective study. *J. Orthop. Sports Phys. Ther.*, 31 (11), 632-644.
- Bahr, R. & Krosshaug, T. (2005). Understanding injury mechanisms: a key component of preventing injuries in sport. *British Journal of Sports Medicine*, 39, 324-329.
- Bailey, M. P., Maillerdet, F. T. & Messenger, N. (2003). Kinematics of cycling in relation to anterior knee pain and patellar tendinitis. *Journal of Sports Sciences*, 21 (8), 659-657.
- Bizzini, M., Hancock, D. & Impellizzeri, F. (2012). Suggestions from the field for return to sports participation following ACL-reconstruction: Soccer. *J. Orthop. Sports Phys. Ther.*, 42 (4), 304-312.
- Boling, M. C., Padua, D. A., & Alexander Creighton, R. (2009). Concentric and eccentric torque of the hip musculature in individuals with and without patellofemoral pain. *Journal of Athletic Training*, 44 (1), 7-13.
- Caine, D., DiFiori, J. & Maffulli, N. (2006). Physeal injuries in children's and youth sports: reasons for concern? *British Journal of Sports Medicine*, 40 (9), 749-760.
- Caylor, D., Fites, R. & Worrell, T. W. (1993). The relationship between quadriceps angle and anterior knee pain syndrome. *J. Orthop. Sports Phys. Ther.*, 17, 11-15.
- Cook, G., Burton, L., Hoogenboom, B. J. & Voight, M. (2014). Functional Movement Screening: The use of fundamental movements as an assessment of function - part 1. *International Journal of Sports Physical Therapy*, 9 (3), 396-409.
- Cook, G., Burton, L., Hoogenboom, B. J. & Voight, M. (2014). Functional Movement Screening: The use of fundamental movements as an assessment of function - part 2. *International Journal of Sports Physical Therapy*, 9 (4), 549-563.
- Dodwell, E. R., LaMont, L. E., Green, D. W., Pan, T. J., Marx, R. G. & Lyman, S. (2014). 20 years of pediatric anterior cruciate ligament reconstruction in New York State. *The American Journal of Sports Medicine*, 42 (3), 675-680.
- Fernandez, F. F., Wirth, T. & Eberhardt, O. (2014). Läsionen des vorderen Kreuzbandes im Kindes- und Jugendalter. *OUP Orthopädische und unfallchirurgische Praxis*, 1, 017-021.
- Fulkerson, J. P. & Hungerford, D. S. (1990). *Disorders of the Patellofemoral Joint* (2nd ed.). Baltimore (MD): Williams & Wilkins.
- Hewett, T. E., Ford, K. R., Hoogenboom, B. J. & Myer, G. D. (2010). Understanding and preventing acl injuries: current biomechanical and epidemiologic considerations - Update 2010. *North American Journal of Sports Physical Therapy: NAJSPT*, 5 (4), 234-251.
- Hoffman, J. (Hrsg.). (2012). *NSCA's Guide to Program Design*. Human Kinetics.
- Jöllenbeck, T., Freiwald, J., Dann, K., Gokeler, A., Zantop, T., Seil R. & Miltner, O. (2010). Vorderes Kreuzband. Prävention von Kreuzbandverletzungen. *GOTS-Expertenmeeting: Vorderes Kreuzband*, 15-26.
- Keller, M., Kurz, E., Schmidlein, O., Welsch, G. & Anders, C. (2016). Interdisziplinäre Beurteilungskriterien für die Rehabilitation nach Verletzungen an der unteren Extremität: Ein funktionsbasierter Return to Activity Algorithmus. *Sportverletz. Sport-schaden*, 30 (01), 38-49.
- Koen, H. C., Roeland, J. J. et al. (2005). Patellar tendinopathy in athletes; current diagnostic and therapeutic recommendations. *Sports Medicine*, 35 (1), 71-87.
- Li, G., Rudy, T. W., Sakane, M., Kanamori, A., Ma, C. B. & Woo, S. Y. (1999). The importance of quadriceps and hamstring muscle loading on knee kinematics and in-situ forces in the ACL. *Journal of Biomechanics*, 32 (4), 395-400.
- Loes, M., Dahlstedt, L. J. & Thomee, R. (2000). A 7-year study on risks and costs of knee injuries in male and female youth participants in 12 sports. *Scandinavian Journal of Medicine & Science in Sports*, 10 (2), 90-97.
- Majewski, M., Habel, S., Steinbrück, K. (2006). Epidemiology of athletic knee injuries: A 10-year study. *The Knee*, 13, 184-188.
- Mascal, C. L., Landel, R. & Powers, C. (2003). Management of patellofemoral pain targeting hip, pelvis, and trunk muscle function: 2 case reports. *J. Orthop. Sports Phys. Ther.*, 33 (11), 647-660.
- McConkey, M. O., Bonasia, D. E. & Amendola, A. (2011). Pediatric anterior cruciate ligament reconstruction. *Current Reviews in Musculoskeletal Medicine*, 4 (2), 37-44.
- Melnyk, M. & Gollhofer, A. (2007). Submaximal fatigue of the hamstrings impairs specific reflex components and knee stability. *Knee Surgery, Sports Traumatology, Arthroscopy*, 15 (5), 525-532.
- Minick, K. I., Kiesel, K. B., Burton, L., Taylor, A., Plisky, P. & Butler, R. J. (2010). Interrater reliability of the functional movement screen. *The Journal of Strength & Conditioning Research*, 24 (2), 479-486.
- Myer, G. D., Ford, K. R., Foss, K. D. B., Goodman, A., Ceasar, A. et al. (2010). The incidence and potential pathomechanics of patellofemoral pain in female athletes. *Clinical Biomechanics*, 25 (7), 700-707.
- Petersen, W., Rosenbaum, D. & Raschke, M. (2005). Rupturen des vorderen Kreuzbandes bei weiblichen Athleten. Teil 1: Epidemiologie, Verletzungsmechanismen und Ursachen. *Deutsche Zeitschrift für Sportmedizin*, 56, 150-156.
- Potvin, J. R. & Brown, S. H. M. (2005). An equation to calculate individual muscle contributions to joint stability. *Journal of Biomechanics*, 38, 973-980.
- Powers, C. M. (2010). The influence of abnormal hip mechanics on knee injury: a biomechanical perspective. *Journal of Orthopaedic & Sports Physical Therapy*, 40 (2), 42-51.
- Richards, D. P., Ajemian, S. V., Wiley, J. P. et al. (1996). Knee joint dynamics predict patellar tendinitis in elite volleyball players. *Am. J. Sports Med.*, 24, 676-683.
- Richards, D. P., Ajemian, S. V., Wiley, J. P. et al. (2002). Relation between ankle joint dynamics and patellar tendinopathy in elite volleyball players. *Clin. J. Sport Med.*, 12, 266-272.
- Schmitt, H. (Hrsg.). (2014). *Sportorthopädie und -traumatologie im Kindes- und Jugendalter*. Deutscher Ärzte-Verlag.
- Stolen, T., Chamari, K., Castagna, C. & Wisloff, U. (2005). Physiology of soccer: an update. *Sports Med.*, 35, 501-536.
- Teyhen, D. S., Shaffer, S. W., Lorensen, C. L., Halfpau, J. P., Donofry, D. F. et al. (2012). The functional movement screen: a reliability study. *Journal of Orthopaedic & Sports Physical Therapy*, 42 (6), 530-540.
- Tyler, T. F., Hershman, E. B., Nicholas, S. T. & McHugh, M. P. (2002). Evidence of abnormal AP patellar tilt in patients with patellar tendinitis with use of a new radiographic measurement. *American Journal of Sports Medicine*, 30 (3), 396-401.
- Weineck, J. (2004). *Optimales Training. Leistungsphysiologische Trainingslehre unter besonderer Berücksichtigung des Kinder- und Jugendtrainings* (14. Aufl.). Erlangen: Spitta Verlag.
- Witvrouw, E., Bellemans, J., Lysens, R., Daniels, C. & Cambier, D. (2001). Intrinsic risk factors for the development of patellar tendinitis. *American Journal of Sports Medicine*, 29 (2), 190-195.
- Young, M. A., Cash, J. L., Purdam, C. R., Kiss, Z. S. & Alfredson, H. (2005). Eccentric decline squat protocol for patellar tendinitis in volleyball players. *British Journal of Sports Medicine*, 39 (2), 102-105.

Korrespondenzadresse

Dr.-Ing. Heide Boeth, Julius Wolff Institut, Charité - Universitätsmedizin Berlin, Centrum für Sportwissenschaft und Sportmedizin, Philippstr. 13, Haus 11, 10115 Berlin
E-Mail: Heide.Boeth@charite.de