

Kinetherapeutic rehabilitation of ruptured anterior cruciate ligament in the knee of alpine skiers

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Abstract

The functional rehabilitation of the knee following the rupture of the anterior cruciate ligament can be achieved in two ways: through a surgical intervention or through a presently less common method focused on kinetherapeutic methods and techniques. The editorial gives a succinct analysis of the latter beginning from the posttraumatic stage of functional recovery all the way to the reintegration of the athlete in the training process.

Keywords: alpine skiing, knee joint, anterior cruciate ligament, kinetherapy, resume training.