

George Fox University School of Physical Therapy Presents

MECHANISMS OF ACL INJURY:

Implications for Evidence Based Rehabilitation,
Injury Prevention & Return to Sport Decisions

By Christopher M. Powers, PT, PhD, FAPTA

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Hoover 105 ~ 6:30-8:30 PM

No RSVP Necessary

(CEU'S WILL BE OFFERED)



Tears of the ACL are one of the most common knee injuries sustained by individuals who engage in athletics and recreational activities. In particular, the incidence of ACL injury in female athletes has been reported to be 4 to 6 times greater than male athletes participating in the same sports. Biomechanical studies in this area consistently have reported that females exhibit a biomechanical profile that is thought to place them at an increased risk for ACL injury. Although the reasons underlying the biomechanical profile exhibited by females are not entirely clear, there is growing evidence to suggest that proximal factors may play a contributory role. This talk will highlight recent research that has provided insight into the pathomechanics of ACL injury. Implications for rehabilitation, injury prevention, and return to sport decisions will be discussed.



Christopher M. Powers, PT, PhD, FAPTA is Professor in the Division of Biokinesiology and Physical Therapy and Co-Director of the Musculoskeletal Biomechanics Laboratory at the University of Southern California. Dr. Powers' research and teaching interests relate to the biomechanical aspects of human movement. More specifically, his research focuses on how altered kinematics, kinetics, and muscular actions contribute to lower extremity injury. He is particularly interested in the pathomechanics underlying knee and patellofemoral joint dysfunction. Dr. Powers is an active researcher, and has published over 170 peer-reviewed articles. He frequently lectures both nationally and internationally on topics related to lower limb biomechanics and the pathomechanics of orthopaedic disorders.

Dr. Powers is a Fellow of the American College of Sports Medicine and a Catherine Worthingham Fellow of the American Physical Therapy Association. In addition, Dr. Powers currently serves as President of the California Chapter of the APTA.