

FOREWORD

With the rising number of anterior cruciate ligament (ACL) tears and the risk of reinjury after ACL reconstruction, rehabilitation continues to be an important focus in the management and prevention of injury in female athletes.

In order to optimize care, it is incumbent upon the clinician to familiarize themselves with the unique demands of each athlete and their sport. With this, there is a growing demand for both sports-specific and gender-specific protocols. However, such protocols that focus on the specific considerations of female athletes are not commonly available.

This special issue is dedicated to addressing rehabilitation and return to sport considerations after ACL reconstruction with a specific focus on women's sports: indoor volleyball, field hockey, American soccer, and ballet. This issue highlights the tremendous expertise of the contributing authors who each provide a brief review of the sport, identify sex-differences in injury patterns, and discuss the unique rehabilitation considerations when treating the female athlete. Most importantly, each manuscript delineates a thoughtful and detailed late-stage rehabilitation

program targeting advanced sports-specific tasks, as well as the specific parameters that are recommended for clearance and full participation in each sport.

On the 50th anniversary of Title IX, we are thrilled to be able to present this issue to increase the availability of rehabilitation protocols specific to women's sports. With particular thanks to our contributors for lending their expertise to this special edition, we hope that it will increase the knowledge and tools available for the clinicians who provide care for female athletes, while serving as another step toward achieving equitable medical management for women in sport.

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