

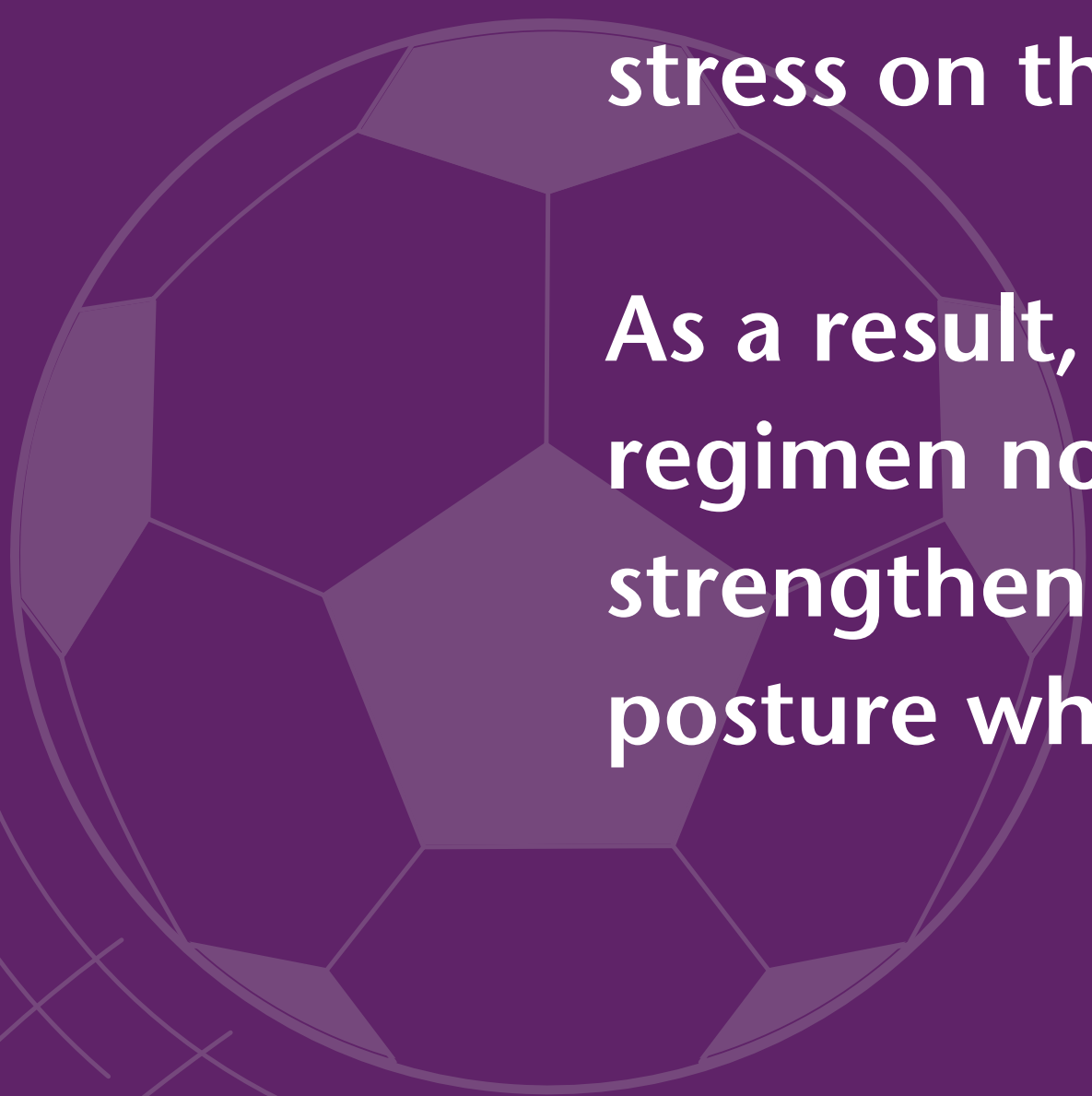


SAMANTHA'S STRENGTH

Samantha loves sports and is a strong and agile athlete. She can traverse a soccer field in record time and outmaneuver the competition with ease. But like other female athletes, Samantha is more susceptible to ACL injuries than her male counterparts.

Samantha's doctor, Christopher Ahmad, MD, is conducting research to determine how gender influences these types of injuries. To date, he has discovered two things: one, that when playing sports, females tend to hold their bodies more upright than men do; and two, females build their quadriceps more than their hamstrings. These two tendencies cause a bodily imbalance in females, which puts undue stress on their ACLs.

As a result, Samantha's training regimen now includes more hamstring strengthening exercises and a more flexed posture while on the playing field.



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