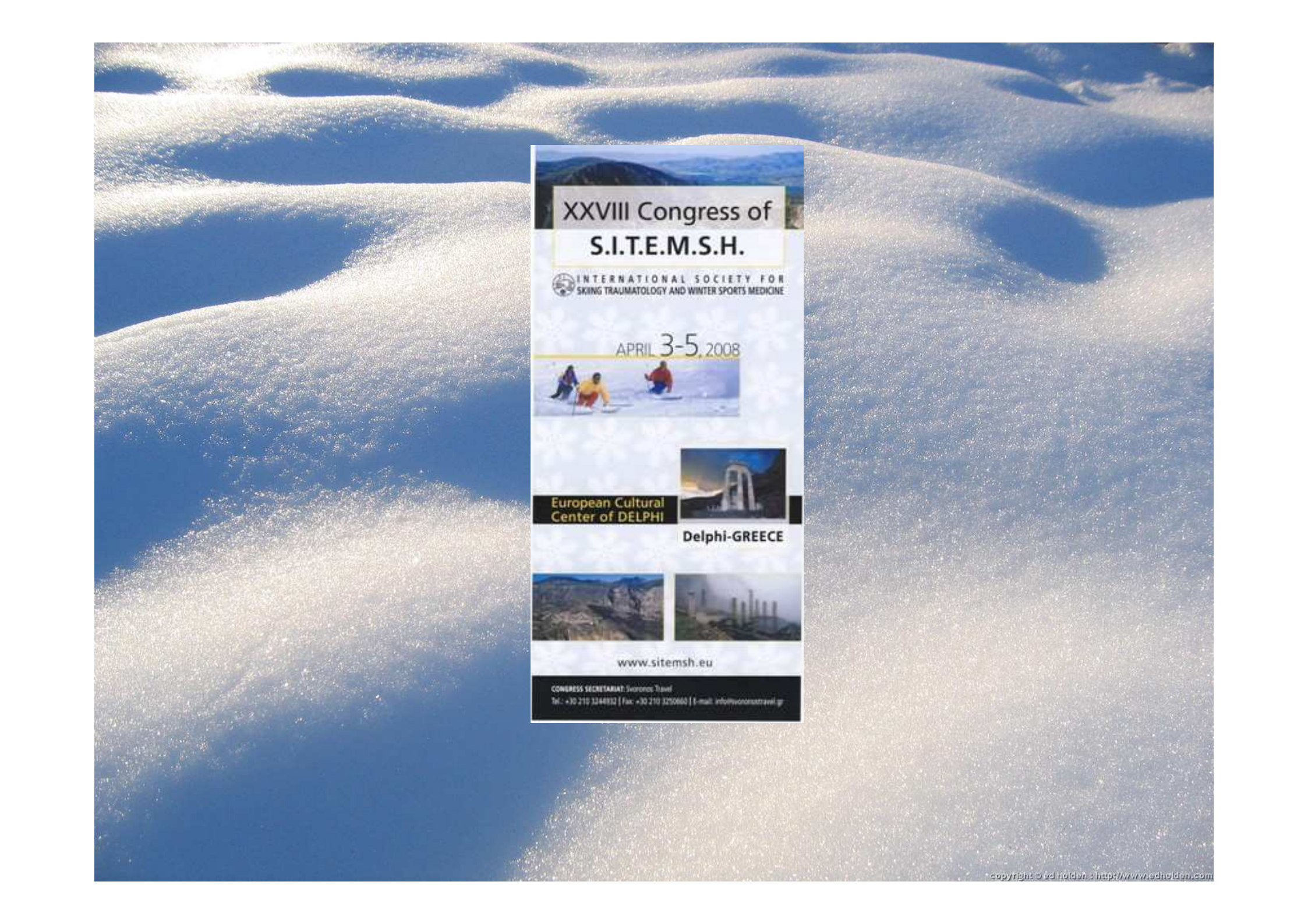


Knee injuries in statistics. A retrospective analysis of patients from 1980-81 to 2000-01 in Pas de la Casa-Grau Roig (Andorra)

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 INTERNATIONAL SOCIETY FOR
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INTRODUCTION

XGRANDVALIRA

- **Pas de la Casa - Grau Roig**
 - Is a part of GrandValira since 2003
 - This research took into account only skiers injured in Pas de la Casa and Grau Roig



INTRODUCTION

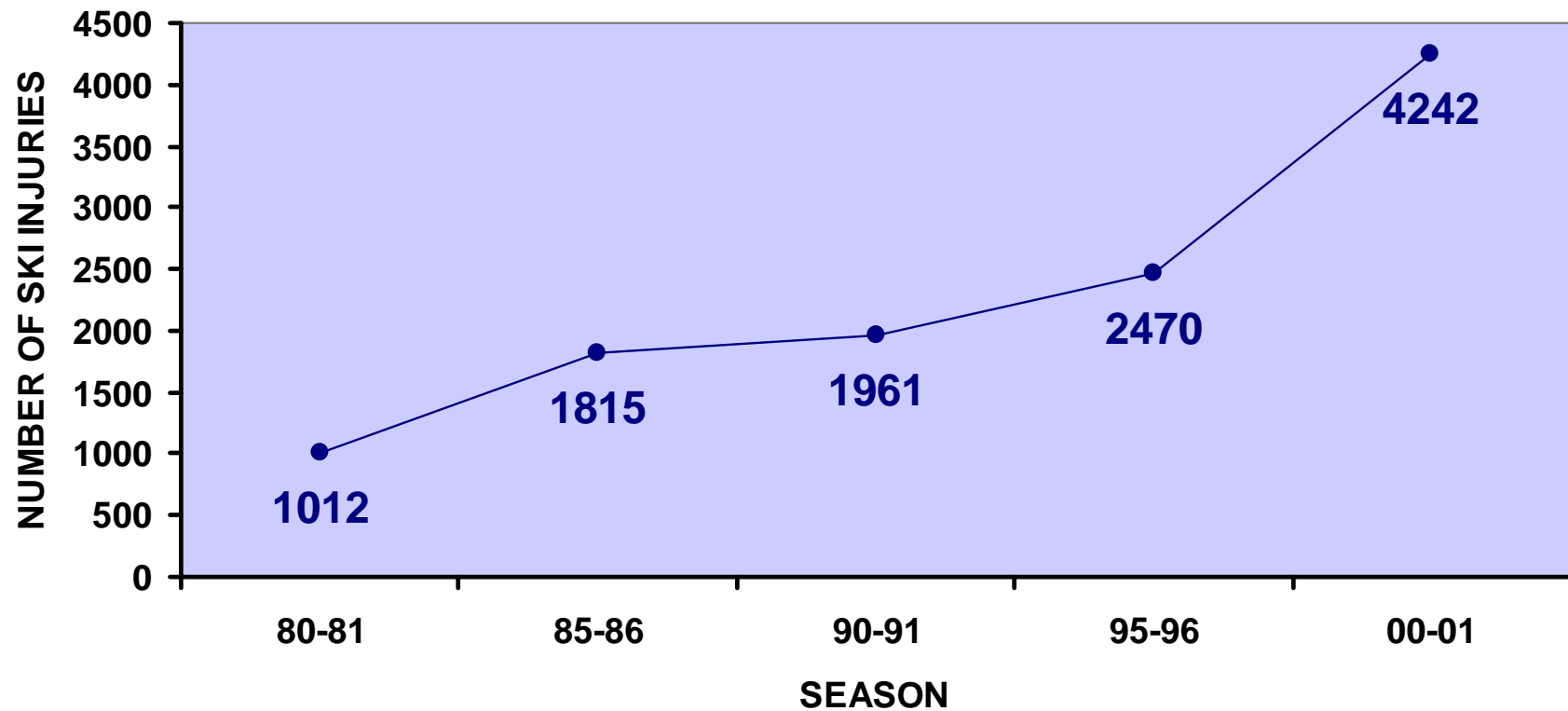
- **Increasing number of skiers**
 - This sport became increasingly popular during the 20-year period studied
- **Knee injuries**
 - We felt that these injuries have become the most prevalent among skiers
- **Two decades of evolution**
 - We researched between the 1980-81 season and the 2000-01 season

GOALS

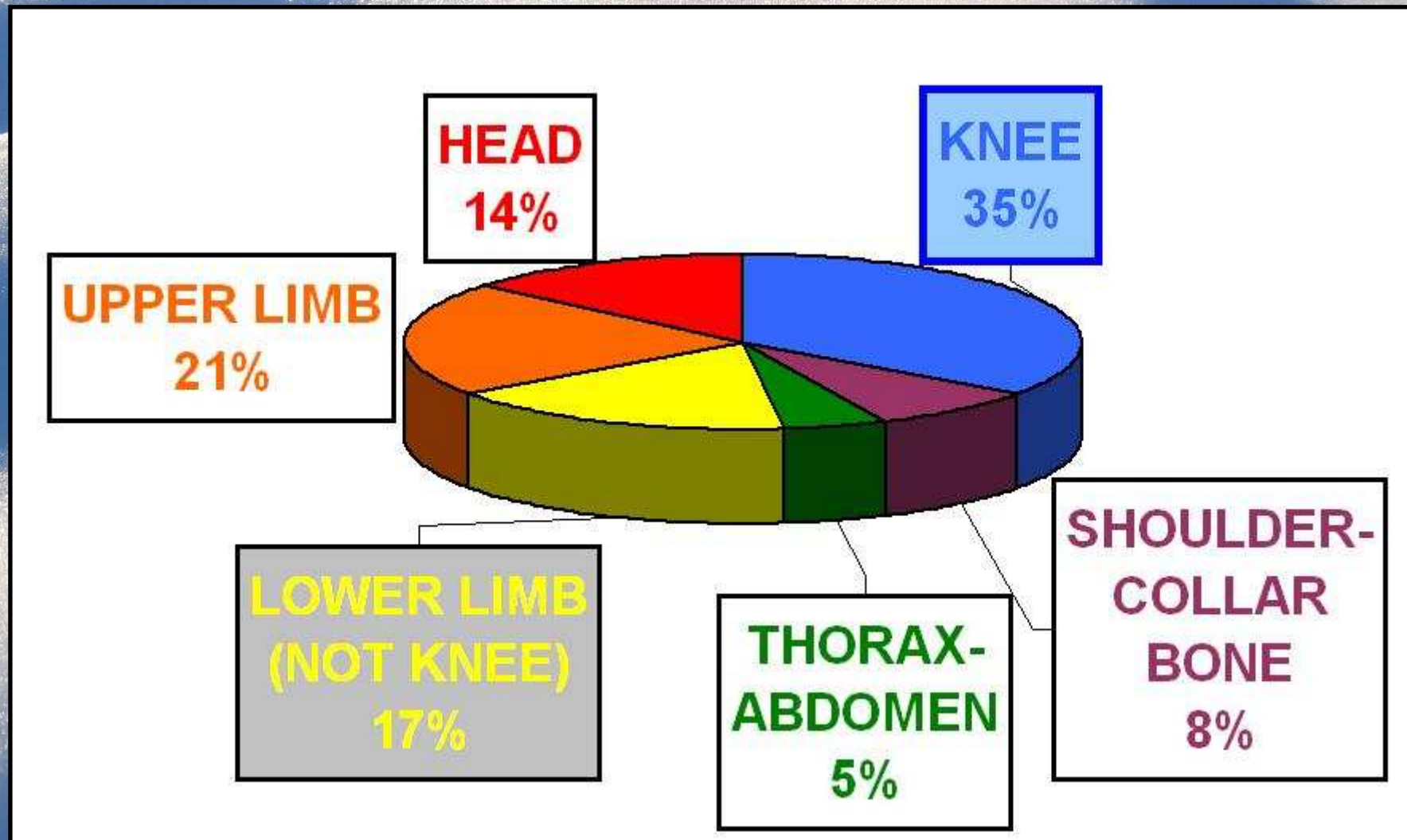
- **To observe the evolution of the number of injuries in this period**
- **To analyse the prevalence of knee injuries**
- **To analyse the prevalence of knee injuries by gender**
- **To analyse women's knee injuries by age group**

RESULTS

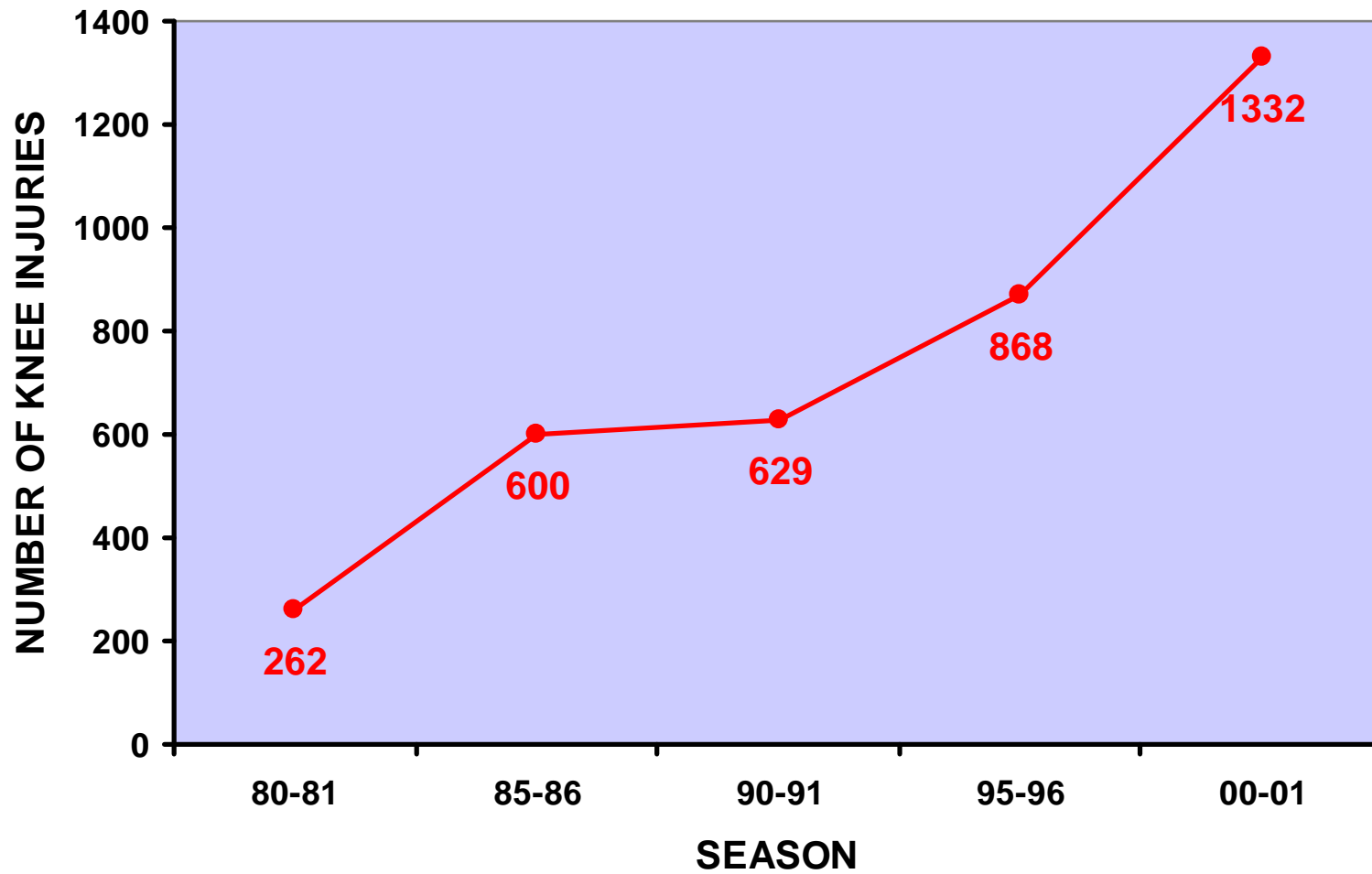
EVOLUTION OF SKI INJURIES FROM 80-81 TO 00-01



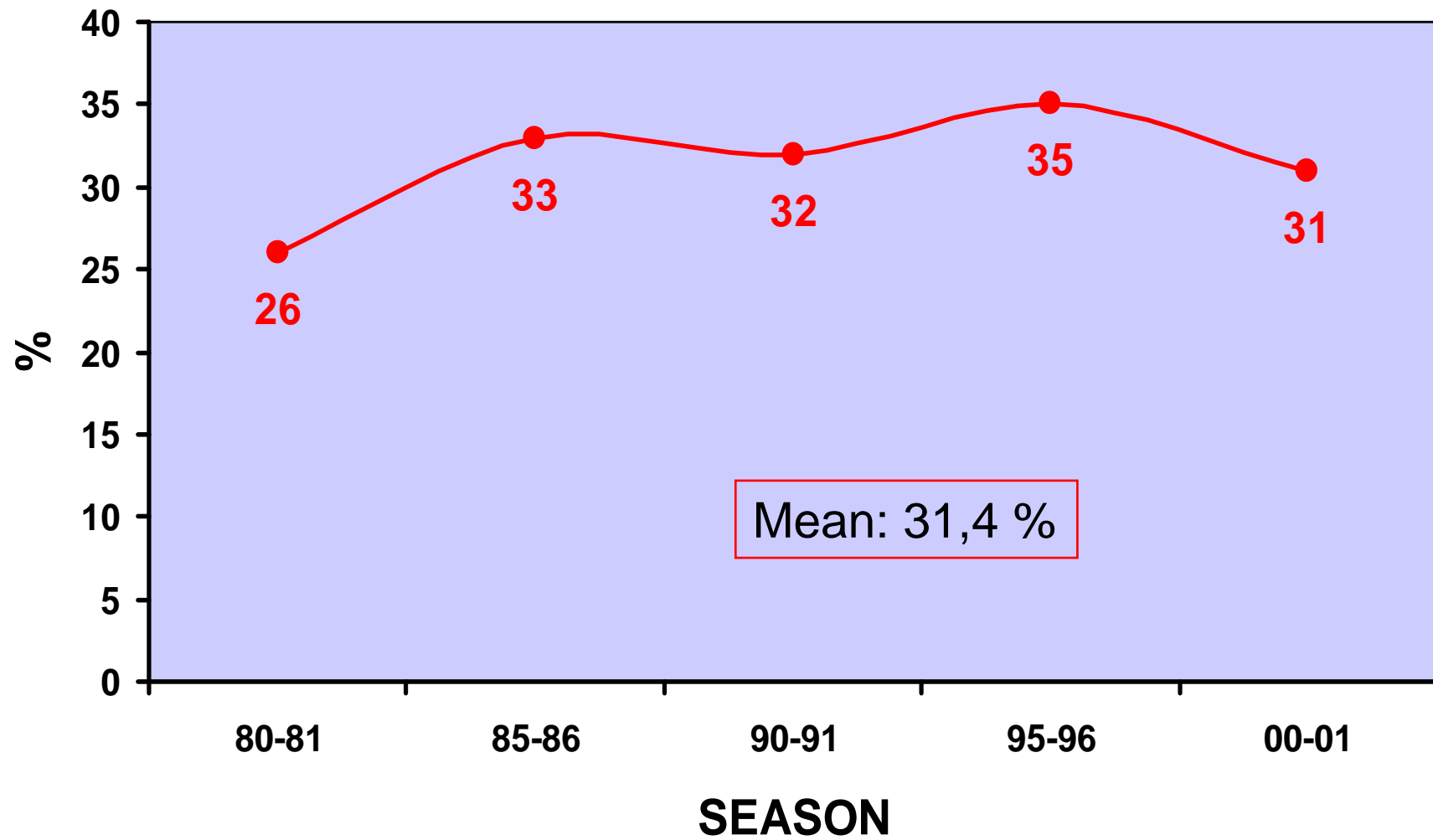
SKI INJURIES IN 95-96 SEASON



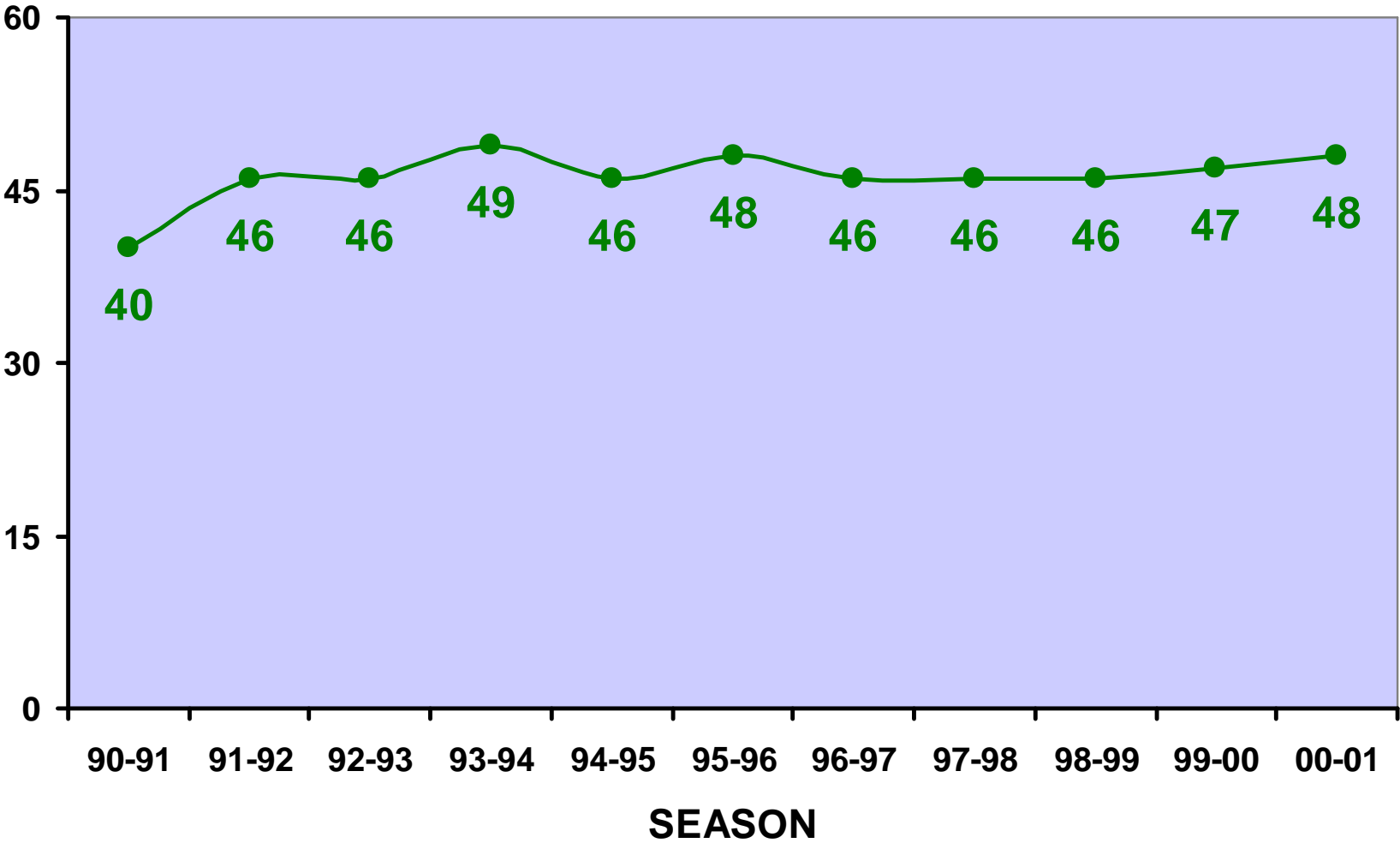
EVOLUTION OF KNEE INJURIES FROM 80-81 TO 00-01



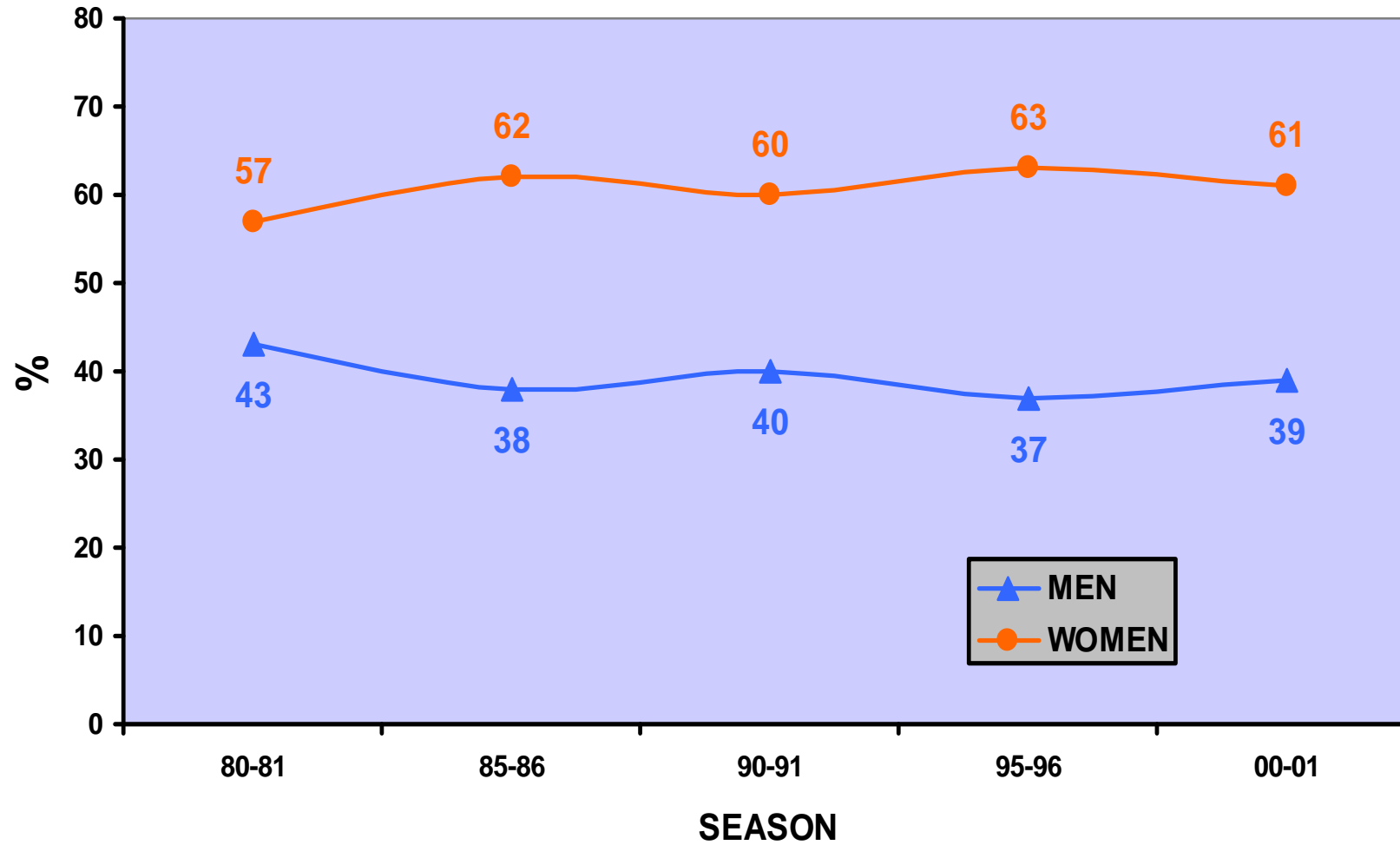
EVOLUTION OF KNEE INJURIES (%)



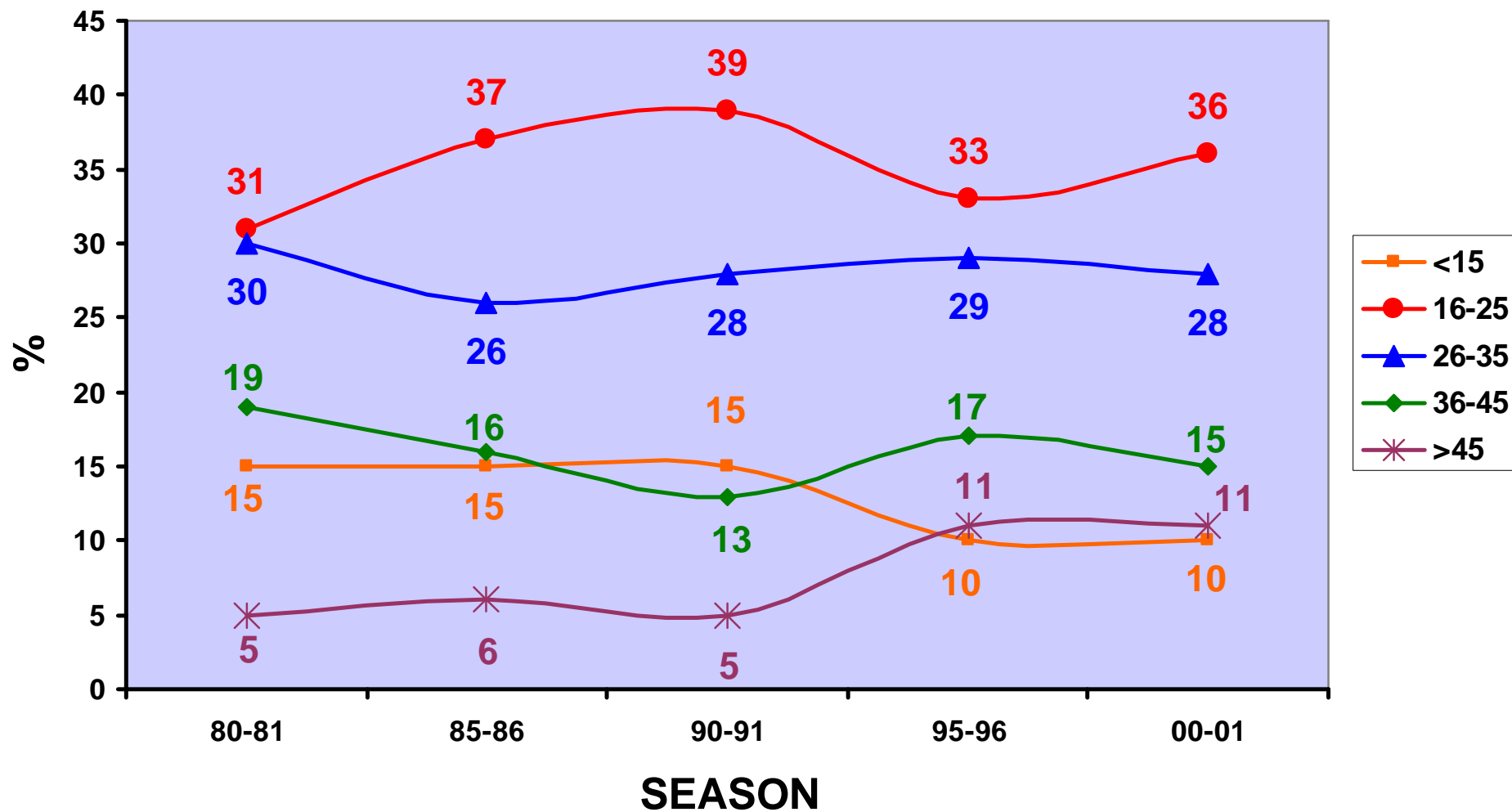
% REPRESENTING KNEE OF THE TOTAL OF INJURIES THAT NEEDED SNOW-BOAT



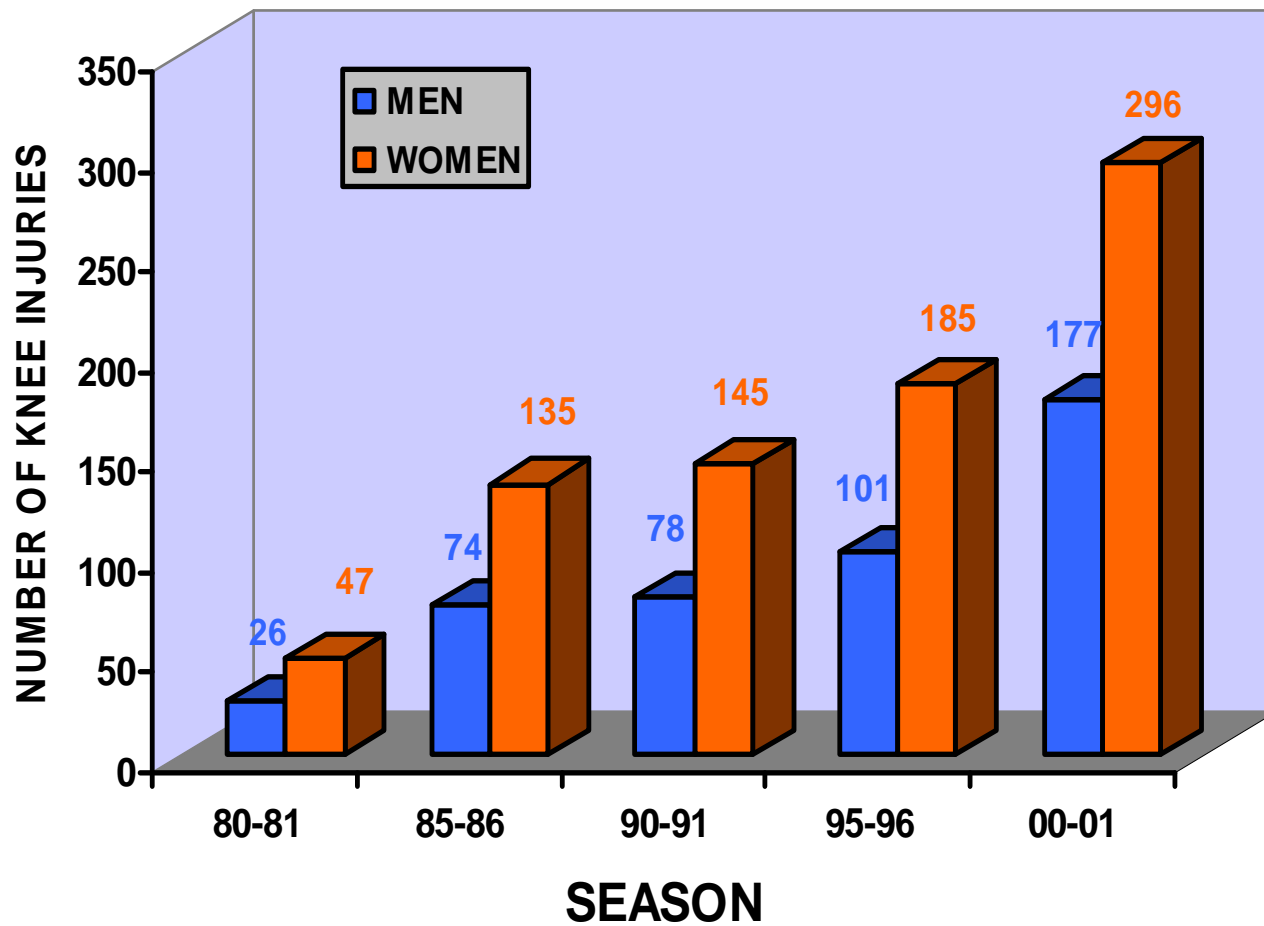
DIFFERENCES BETWEEN MEN AND WOMEN



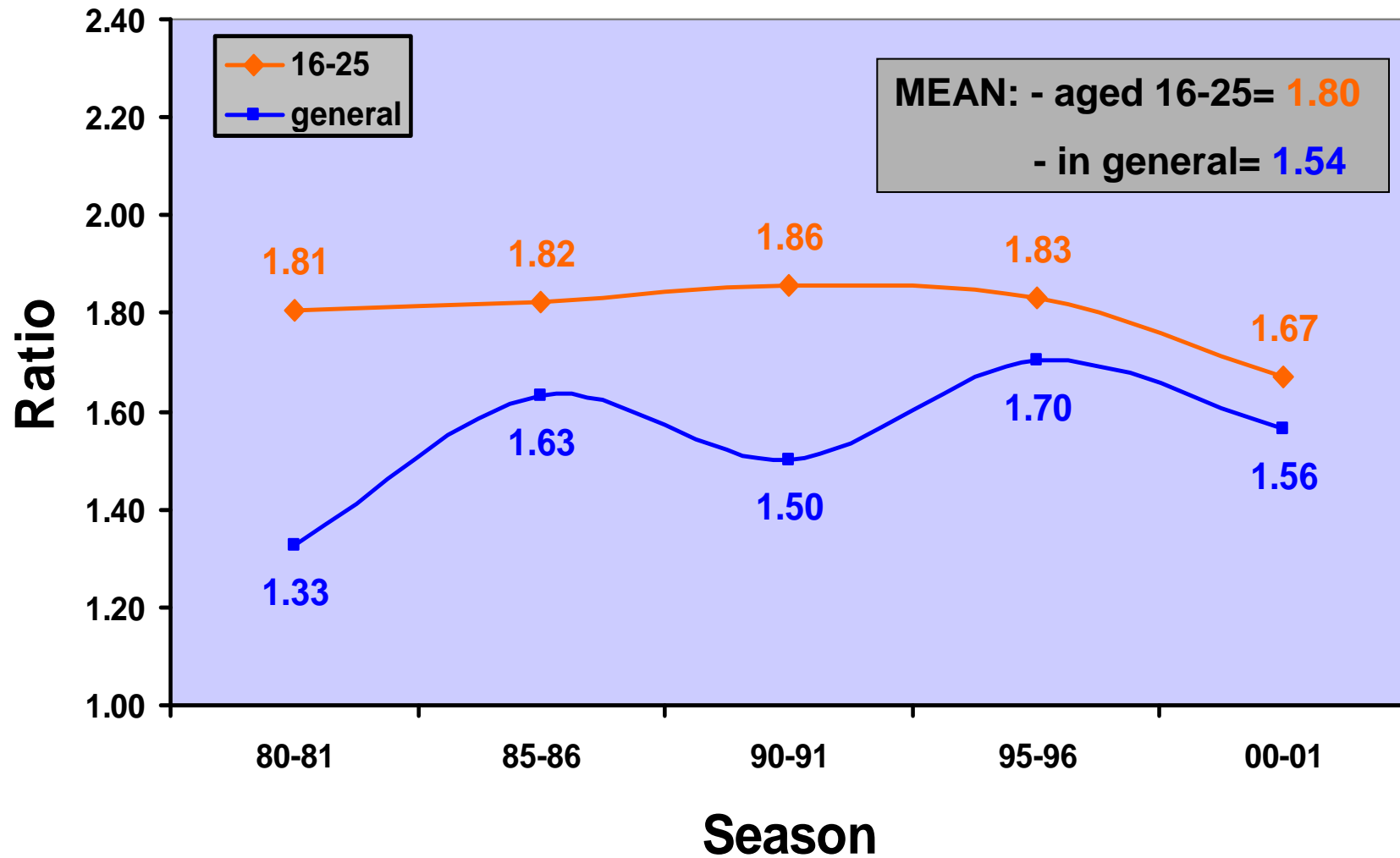
WOMEN'S KNEE INJURIES BY AGE GROUP



COMPARISON BETWEEN MEN AND WOMEN AGED 16-25



Comparison: Ratio Women/Men by age



RESULTS SUMMARY

- **In these two decades the number of skiing injuries rose significantly**
- **The proportion of knee injuries increased more during the 80s and seemed to stabilize as 1/3 of the total injuries**
- **Women are more likely to injure their knees**
- **Ratio is 1,5:1, but it is higher in the 16-25 age group; almost 2:1**

CONCLUSIONS

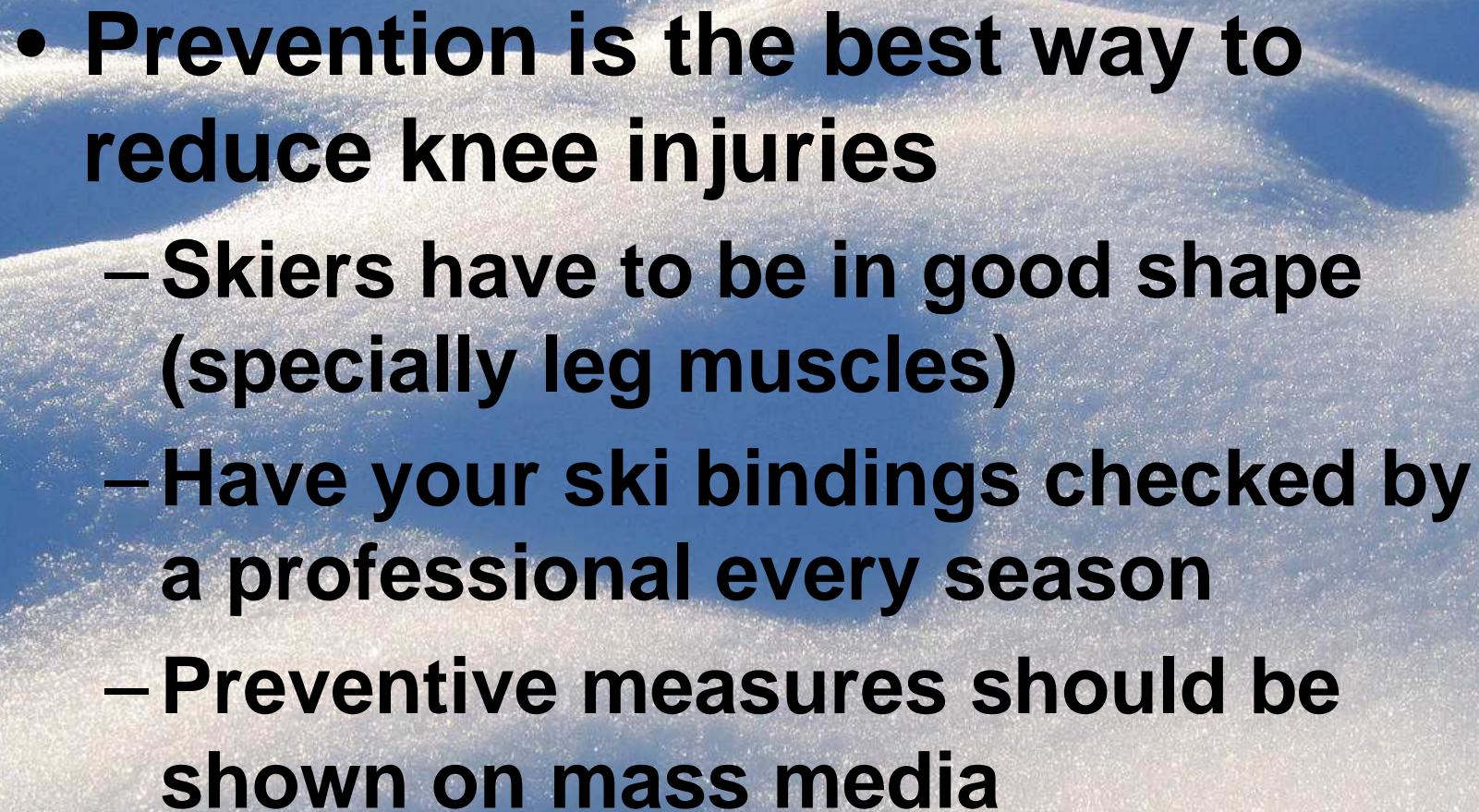
- **The knee is the part of the body which suffers most injuries in our ski resort**
 - **Reasons:**
 - **Evolution of ski bindings**
 - **Not having the ski bindings checked by a professional once a year**
 - **Evolution of ski boots (injuries have moved up to the knee)**



- **Women are more vulnerable to knee injuries**

- **Reasons:**

- **Women (generally speaking) are more sedentary, less fit and less sporty in recreational sports than men**
- **Women have a smaller quadriceps muscular mass**
- **Women have a higher prevalence of *genu valgum***

- 
- **Prevention is the best way to reduce knee injuries**
 - **Skiers have to be in good shape (specially leg muscles)**
 - **Have your ski bindings checked by a professional every season**
 - **Preventive measures should be shown on mass media**

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A photograph of sand dunes with the text "THANKS!! (MOLTES GRÀCIES!!)" overlaid in the center. The dunes are illuminated by bright sunlight, creating strong shadows and highlights on the sand's surface. The text is in a bold, black, sans-serif font.

THANKS!!
(MOLTES GRÀCIES!!)