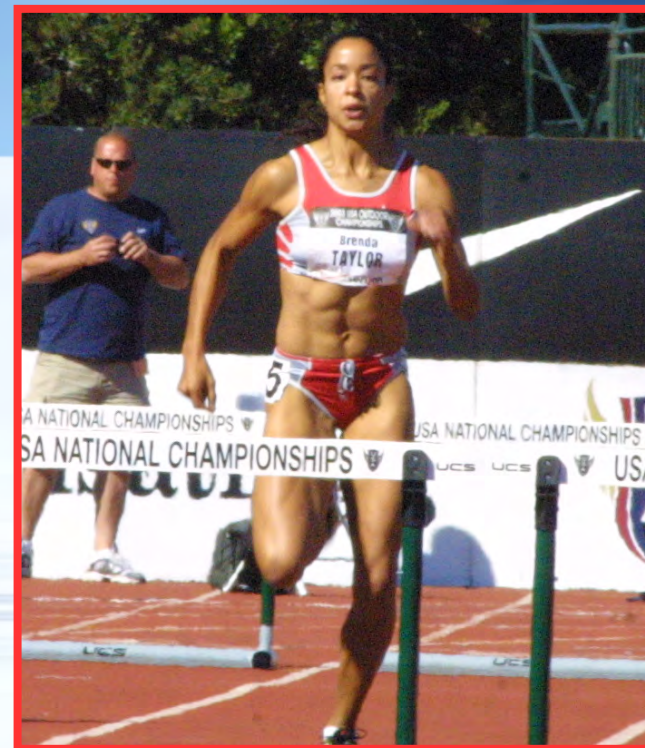


Q:H RESCUE

Research investigates the role of plyometrics in improving the quad:hamstring strength ratio

Since the 1970s, women's participation in sport has increased exponentially. And with this enormous rise in sport participation, it has become clear that women can suffer from a different set of injuries compared to men who participate in the same sport. One of the most prevalent injuries in women is damage to the anterior cruciate ligament (ACL), one of the ligaments that connect your thigh to your leg. When that ligament is damaged or ruptured, you lose vital knee stability. Since women tend to suffer from this injury more than men, the scientific sports community has tried to identify predisposing factors for this injury and prevention strategies. One such prevention strategy—enhancing the strength ratio between the quads and hamstrings—might include plyometrics.



The bodies of women and men aren't created equal—especially in their knees.

Original Research

Tsang, K., and A. DiPasquale. Improving the Q:H strength ratio in women using plyometric exercises. *Journal of Strength and Conditioning Research* 25(10):2740-2745, 2011.

Power Key: ACL, injury prevention, plyometrics