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Visual Estimation of ACL Injury Risk: Efficient Assessment Method, Group Differences, and Expertise Mechanisms

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Introduction

Impact
• Over 2 million ACL injuries occur worldwide annually.
• Approximately 1 in 30 female athletes participating in landing and cutting sports (basketball, soccer) will tear their ACL within one season of play.
• Annual costs in U.S. likely exceed $3 billion (majority pursue surgery).
• Osteoarthritis occurs at 10 times the normal rate.

Potential Solutions
• Efficient screening method: Skilled movement analysis
  a.) Reduce screening time and cost
  b.) Ensure biomechanical feedback during prevention programs is accurate

Aim
1.) To create an efficient and effective visual screening system for ACL injury risk

Methods

Participants

<table>
<thead>
<tr>
<th>Group</th>
<th>n</th>
</tr>
</thead>
<tbody>
<tr>
<td>ExSci Student</td>
<td>48</td>
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<tr>
<td>ExSci Academic</td>
<td>30</td>
</tr>
<tr>
<td>S&amp;C Coach</td>
<td>41</td>
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<tr>
<td>Athletic Trainer</td>
<td>52</td>
</tr>
<tr>
<td>Physical Therapist</td>
<td>59</td>
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<tr>
<td>Physician</td>
<td>39</td>
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<tr>
<td>Sport Coach</td>
<td>34</td>
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<tr>
<td>Parent of Athlete</td>
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</tr>
<tr>
<td>Female Athlete</td>
<td>11</td>
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<tr>
<td>General Public</td>
<td>320</td>
</tr>
<tr>
<td>Total</td>
<td>660</td>
</tr>
</tbody>
</table>

Procedures

Test Development

• Item Reduction
• Reliability Analysis
• Cross-Validation

Assess Group Differences

• See Participant Table
• Compared groups

Model Skill Mechanisms

Results

Test Development

• Number of Items = 5
• Average Time (min:sec) = 2:24
• Test-retest (r) = 0.90
• Score Range = 0-100 %
• Achieved Range = 26-95 %

Group Differences

Skill Mechanisms

R² = .50; **p<.01

Discussion

• It will be important to target parents, athletes, coaches, and physicians for improving risk assessment performance or to adopt the ACL nomogram to aid their injury risk assessment in practice.
• The ACL-IQ is an assessment technology and feedback system for ACL injury risk prediction ability.
• Individuals can assess their ACL injury risk prediction ability with a short, free, and online (www.ACL-IQ.org) tool.

Moving Forward

• Future research will focus on developing efficient methods to improve visual risk prediction performance (e.g., see Decision Tree to the right) and establishing predictive evidence that individuals with high ACL-IQ can reduce ACL injuries.

Acknowledgments: This material is based upon work supported by the National Science Foundation, National Institutes of Health and the Research Council of Norway.