



DİZ BAĞ YARALANMALARI

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ÖN ÇAPRAZ BAĞ (ANTERIOR CRUCIATE LIGAMENT) YARALANMALARI

Ön çapraz bağ (ÖÇB) anterior tibial translasyonu ve dizin iç rotasyonunu önleme işlevi görmektedir. ÖÇB rüptürü dünya çapında yaygın bir yaralanmadır ve tüm dünyada 100.000 kişide yıllık insidansının 35 olduğu düşünülmektedir. Kadın sporcularda yaralanma riskinin erkeklere göre yaklaşık iki ila sekiz kat daha yüksek olduğu bildirilmektedir (1-3).

ÖÇB; diz eklemi stabilize eden dört ana bağdan biridir (Şekil 1) ve anterior translasyona karşı oluşturulan stabilizasyonun %90'ından sorumludur (4). ÖÇB; pasif diz ekstansiyonunda yaklaşık 100 N, yürüme sırasında 400 N, sıçrama ve yön değiştirme hareketleri sırasında 1700 N kuvvete maruz kalmaktadır (5). ÖÇB; tibia yapışma yerine göre adlandırılan iki demetten oluşmuştur. Anteromedial (AM) demet 30-130° arası fleksiyonda daha gerginken 0-30° arasında daha gevşektir. Posterolateral (PL) demet ise ekstansiyonda tam gergin iken 90° fleksiyona doğru gevşer sonrasında yine gerginleşir. PL demetin lateral yerleşimi nedeniyle tibial rotasyonu daha çok kontrol ettiği düşünülmektedir (6).

ÖÇB yaralanmaları sıklıkla kontakt olmayan yaralanmalardır ve kendi ekseninde dönme (pivoting) ve ani yavaşlama hareketi içeren basketbol, futbol, hentbol gibi sporlarda sık görülmektedir (7). Yaralanma sıklıkla iniş

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