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Overcoming netball knee injuries – but Glasgow is still in their sights!

CONSULTANT orthopaedic surgeon Mr Christopher Wilson has treated several netball players for anterior cruciate ligament injuries (ACL) recently. Before injury struck between January and March, all three of these players were in the national team for the 2014 Commonwealth Games in Glasgow.

Mr Wilson, from Nuffield Health Hospitals Cardiff & Vale explains: "ACL injuries are really common in netball for several reasons; first, they are more common in women generally, second, netball involves a lot of sudden twisting and deceleration, and third, players are often tall and leggy, which is thought to be a risk factor as well."

Stephanie Williams, 25, is a key hope as goal defence for the Welsh netball team in the Commonwealth Games.

However, in late February, a knee injury meant she had to have a graft on her ACL.

Stephanie said: "While the injury

came at exactly the wrong time, I was fortunate to be referred to a surgeon who was very experienced in ACL reconstruction but who also understood the need to get this done quickly, just five days later, for me to still be in with a chance to represent Wales in 2014."

Sara Hale, 31, was destined to be captain and play for Welsh Netball in the Commonwealth Games until her injury, suffered while playing for Manchester Thunder during a Netball Super League game, occurred too late – in mid March this year.

Not only will she miss Glasgow, but she missed both the Super League Semi and Grand Finals in April, which her team went on to win.

However, by five months, her right knee should be sufficiently strong to play competitively again to prepare her to represent Wales in the 2015 World Championships in Sydney and represent Manchester Thunder in the 2014/15 Netball



Surgeon Chris Wilson

Super League.

Goalkeeper and goal defender Rosie Pretorius, 27, explains how her ACL injury at the end of January occurred: "After completing a long and tough pre-season for the Celtic Dragons, I got injured in the first game of the Super League!

^aAs I caught the ball and turned to pass it down court, my knee gave way and bent inwards.

"I had an MRI scan, then had

"I had an MRI scan, then had surgery two weeks after the initial injury.

"Thankfully, my rehab is going well and the Commonwealth Games are my ultimate goal!

"To play on such a large world stage would be a dream come

true!
"I am 100% committed to being match fit for the Games and I will do everything I can to be ready."

Mr Wilson, at the Vale hospital, concludes: "These three patients are doing exceptionally well.

"Most of the sports injury professionals were certain that they wouldn't be fit in time.

"The fact that they are even in contention is just amazing."



Rosie Pretorius



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age connects morgannwg.

























Sara Hale