

Use of hormonal contraception and risk of ACL injury in women

Avery Voehl DO '26¹, Maria Barnes PhD¹

¹Des Moines University, Des Moines

Women are at greater risk for anterior cruciate ligament (ACL) injury than men. Several studies have suggested that hormonal fluctuations contribute significantly to this difference. We will summarize the literature to describe the effect of using hormonal contraceptives on the stability of the ACL joint in women. By providing a concise synthesis of available research, readers will be able to discern whether using hormonal birth control is a good option for females if they are concerned about risk of injuring their ACL. Review of articles including only reviews and randomized controlled trials published after 2017. Collectively, these data suggest that the use of hormonal contraceptives does provide a protective effect on the ACL for women, but further investigation is still warranted.