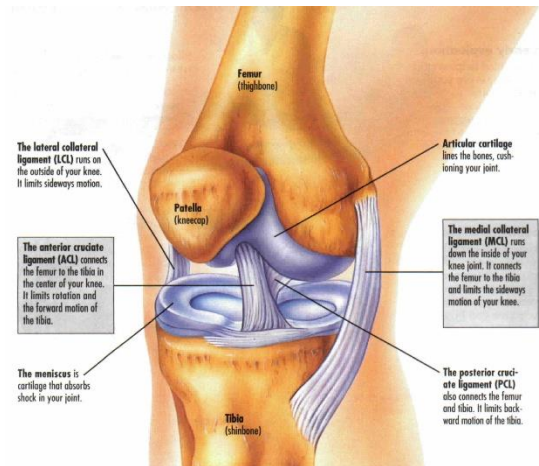




ACL Injuries

What is the ACL?

The ACL (Anterior Cruciate Ligament) is a major ligament located deep in the knee that provides stability to the knee joint, especially with running, planting, & cutting maneuvers.



Acute Treatment:

- Rest & elevate leg
- Crutches – may be needed for a few days
- Ice - 20 minutes (3x/day) while swollen
- NSAIDs (ie: Ibuprofen, Advil, Naprosyn, etc.)
- Wrap knee with an elastic bandage (ie: Tensor bandage) for support or use Straight leg immobilizer brace.
- Physical Therapy – to improve swelling, motion, and strength
- Brace – a hinged knee or ACL brace - sometimes used for extra stability

Do I need surgery?

It depends on many factors. Some people with ACL tears may need surgery. Surgeons are most likely to operate on young, physically active patients and athletes who participate in sports that require a lot of planting and cutting. Surgeons consider the patient's age, activity level, desire to return to high-level athletics, other associated injuries and patient expectations when determining if a patient is a good surgical candidate. Many people are able to recover well and return to an active lifestyle with an aggressive Physiotherapy program...and may not need surgery.

What can I expect after surgery?

You will need physical therapy to improve movement and strength in your knee joint. The recovery time is different for everyone but is often **6-12 months** to return to full, unrestricted physical activity/athletics.