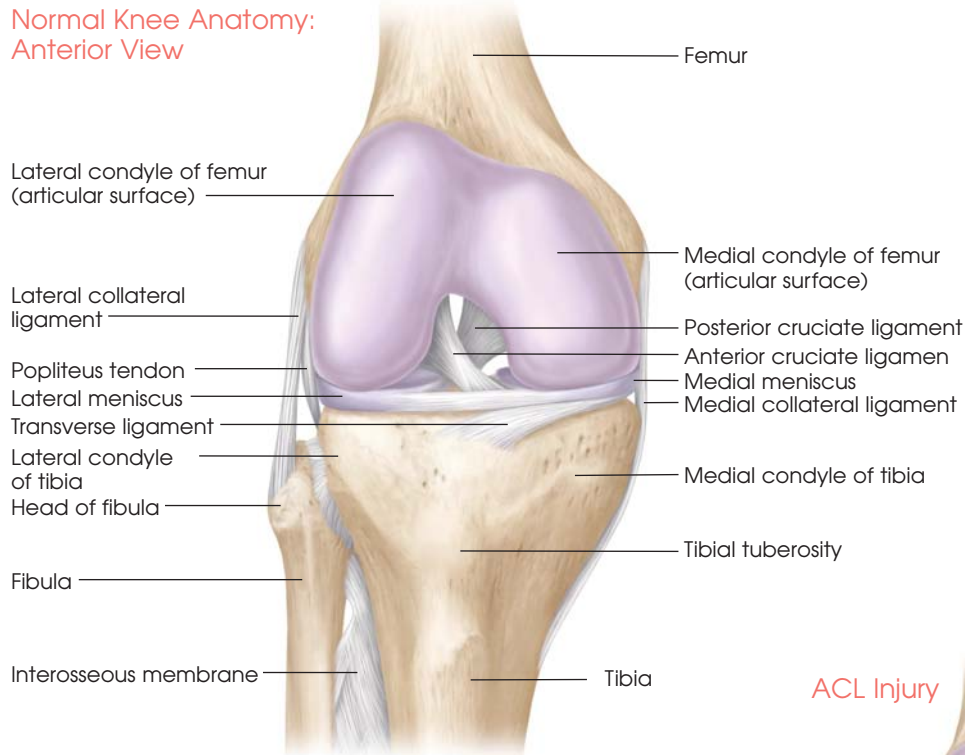
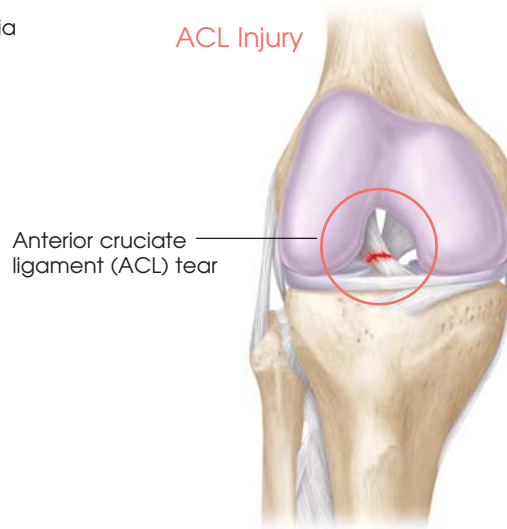


ACL (Anterior Cruciate Ligament) Knee Injury

Normal Knee Anatomy: Anterior View



ACL Injury



Anterior Cruciate Ligament (ACL) Injury is a sprain or tear of the stabilizing ligament in the middle of the knee joint. It usually occurs when the knee is forced to twist or is straightened beyond the normal range of motion. ACL injuries occur in activities and sports that require sudden turns, cutting or pivoting. Symptoms include a loud, painful popping at the time of injury and subsequent swelling.

Common Treatment Options

- Rest and elevate the knee.
- Apply ice packs to the knee for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- A knee immobilizer or brace may be recommended while walking or moving.
- Using crutches and techniques to keep weight off the foot may be recommended right after the injury.
- Moving the knee joint soon after the injury is important to avoid stiffness.
- Do not perform isolated quadriceps muscle strengthening exercises for 4 months. Exercises with the foot on a flat surface like leg press or squats are preferred.
- For complete tears, rehabilitation or reconstructive surgery may be considered depending on patient demands, associated injuries, and the severity of the injury.

