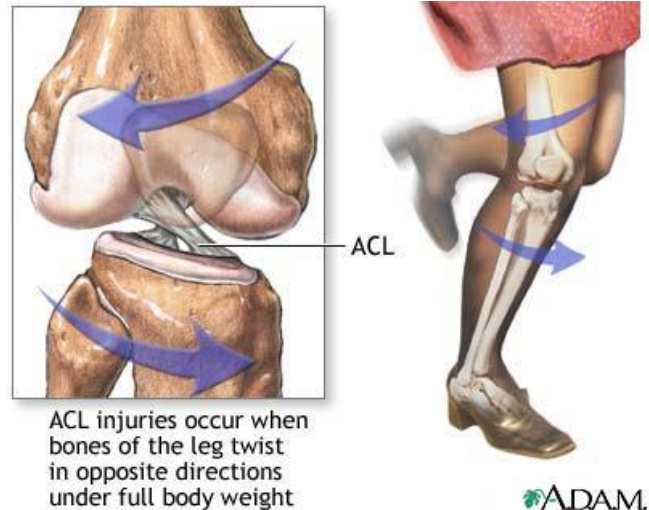


ANTERIOR CRUCIATE LIGAMENT

The information in this document is about injuries to the anterior cruciate ligament.

WHAT IS THE ANTERIOR CRUCIATE LIGAMENT?

The anterior cruciate ligament (ACL) is one of four knee ligaments that are critical to the stability of your knee joint. Your ACL is made up of tough fibrous material and functions to control excessive knee motion by limiting joint mobility. One of the most common problems involving the knee joint is an anterior cruciate ligament injury or ACL tear.



One of the four major ligaments of the knee, an ACL injury or rupture is the most debilitating knee ligament injury.

RISK FACTORS PREDISPOSING YOU TO DEVELOP ANTERIOR CRUCIATE LIGAMENT INJURY INCLUDE:

- An ACL injury is usually a sports-related knee injury
- About 80% of sports-related ACL tears are “non-contact” injuries
- Most often ACL tears occur when pivoting or landing from a jump

WHAT ARE THE SYMPTOMS OF AN ANTERIOR CRUCIATE LIGAMENT INJURY?

- It is common to feel or hear a “pop” in your knee
- Your knee often gives way
- ACL tears cause significant knee swelling and pain immediately
- You will experience difficulty walking or weight bearing

ANTERIOR CRUCIATE LIGAMENT

HOW IS AN ANTERIOR CRUCIATE LIGAMENT INJURY DIAGNOSED?

- Your Physiotherapist will look for signs of ACL ligament instability
- These special ACL tests place stress on the anterior cruciate ligament, and can detect an ACL tear or rupture
- An MRI may also be used to determine if you have an ACL tear

YOUR PHYSIOTHERAPY TREATMENT WILL AIM TO:

- Provide rehabilitation post-surgery
- Reduce pain and inflammation
- Normalise your joint range of motion
- Strengthen your knee and leg muscles
- Improve patellofemoral (knee cap) alignment
- Normalise your muscle length
- Improve proprioception, agility and balance
- Improve your technique and function e.g. walking, running, squatting, hopping and landing
- Minimise your chance of re-injury

An exercise program will be provided by your Physiotherapist

Contact: Physiotherapy Department **Tel:** (03) 5143 8560