



What are the symptoms?

- A “popping” sensation in the knee at the time of the injury.
- Knee joint instability or the feeling of the knee joint “giving way”.
- Strong pain and inability to continue activity.
- Knee joint swelling and stiffness.

How is it treated?

Immediate treatment may consist of a number of approaches including rest, immobilization and ice. Later, this is followed by rehabilitation exercises. Surgery is often required to repair the ligament particularly in sportsmen and women.

What can I do?

- Follow the advice given to you by your practitioner.
- Perform your rehabilitation exercises daily within your pain tolerance.
- Stop the exercises if they worsen your symptoms and inform your practitioner so that your exercise plan can be modified.
- Avoid any aggravating activities

What is Anterior Cruciate Ligament Tear?

The knee joint has several ligaments which help to stabilize and guide movements. Ligaments are tough bands of tissue that connect one bone to another. These can tear when subjected to excessive or unexpected loads. The anterior cruciate ligament (ACL) is found deep within the knee and crosses the posterior cruciate ligament (PCL). Cruciate is derived from Latin and means “cross”. ACL injuries most commonly occur during sports such as soccer, basketball, football and downhill skiing where changes in direction, sudden stops, jumping and landing occur.

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