

Anterior Cruciate Ligament Injury

An ACL Injury is caused due to over-stretching or tearing of the Anterior Cruciate Ligament present in the knee. This type of injury occurs mainly due to unusual twisting of knee in sports like football, basketball, etc.

SYMPTOMS

Hearing or feeling a loud 'pop' sound during the injury.

Sudden instability in the knee.

Pain in back and exterior of the knee.

Knee swelling resulting in restricted knee movement.

Having trouble in walking.

CAUSES

Direct hit while playing football or rugby.

Knee extension beyond its normal range of motion.

Incorrect landing from a jump.

Changing direction of movements very rapidly.

Forceful twisting of knee.



TREATMENT

First aid to reduce pain and swelling.

Use of crutches or splints for the first few days of injury.

Strength and motion exercises to provide relief to the knee.

Non-surgical treatment, such as rehabilitation programs.

Surgical treatment to reconstruct the anterior cruciate ligament.

FEMALES ARE MORE PRONE TO ACL INJURIES THAN MALES.

OVER 150,000 ACL INJURY CASES ARE REPORTED IN US EVERY YEAR.



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