

ACL INJURIES



The anterior cruciate ligament (ACL) is an important stabilizing ligament in the knee. Signs and symptoms of an ACL injury include feeling a 'pop' inside of the knee, swelling, tenderness, loss of full range of motion, discomfort while walking, and feeling of instability in the knee. ACL injuries are most common in football, soccer, and basketball.



Seven out of ten of ACL injuries are due to non-contact activities, including changing direction or landing from a jump.

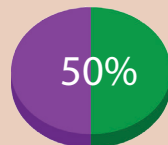
Females are

2 to 7

times more likely than males to rupture an ACL.

100,000 - 200,000

Number of ACL ruptures in the United States annually.



About half of ACL injuries occur in tandem with damage to other parts of the knee, including the meniscus, articular cartilage, or other ligaments.

Treating ACL Injuries

- Rest, ice, compression, and elevation (injured knee should be elevated above the heart)
- Crutches may be needed to avoid bearing weight, particularly if the knee is unstable
- Consultation with an orthopedic surgeon to discuss non-surgical and surgical treatment options is recommended



Any sports injury, anytime

The EMMC Sports Health Injury Helpline is the fast, convenient way to get help for sports injuries:

207.974.7400

Other ways to contact us:

Web: sports.emmc.org

Email: sports@emhs.org

Prevention programs that focus on balance, plyometrics, strength, and stability have been shown to be effective at reducing ACL injuries.

EMMC Sports Health: Keeping YOU in the game.

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