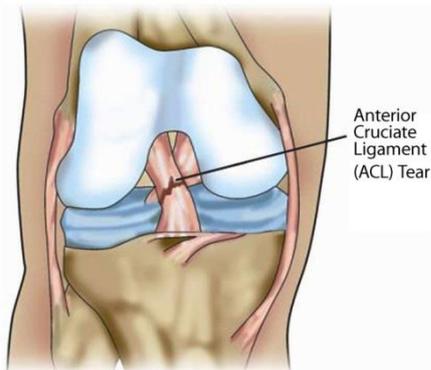


## ACL ligament injury to the knee

The ACL (anterior cruciate ligament) strain is a common injury in sports. Most often it is due to either direct impact with another player forcing the knee to bend the wrong direction or alternatively, it can occur due to actions that involve twisting (pivoting) on a leg.

The ACL (anterior cruciate ligament) is important in maintaining the alignment between the upper and lower leg. It prevents excessive forward glide of the tibia (lower leg) in relation to the upper leg joint.



### Symptoms

- ❖ Pain across the front or back of the knee joint.
- ❖ Clicking in the knee with movement or walking
- ❖ A Feeling of wanting to give way
- ❖ Giving way of the knee.
- ❖ Some swelling around the knee joint – usually immediate.
- ❖ Loud noise at the time of the ACL injury.

### Diagnosis

ACL injuries can be identified by manual tests performed by a sports doctor or physiotherapists. The most accurate diagnosis is performed by an MRI scan. This can be ordered by a sports physician or consultant.

### Treatment

Treatment can be either conservative, comprising an exercise regime or alternatively surgery will be performed. Following surgery a similar exercise regime is followed to increase the strength of the muscles supporting the knee. Also, it is important to regain good balance and proprioception (awareness) when standing on the injured leg.

Please consult your physiotherapist for any concerns and advice regarding appropriate exercise.