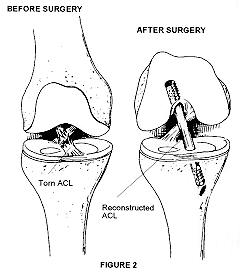
The Anterior Cruciate Ligament

What is it?

* One of 4 major ligaments of the knee
* Function is to stabilize the knee
  + Limits anterior translation of tibia
  + Helps limit internal rotation of the tibia
  + Helps limit hyperextension

Mechanism of Injury

* Planting and cutting
* Hyperextension
* Collision
* Sudden stopping
* Landing straight legged
* Anterior tibial translation
* More common in women
  + Why?
    - No one knows
  + Contributing factors
    - Increased Q angle (Genu Valgum)
    - Strength variation
    - Muscle recruitment variation
    - Improper landing technique
    - Hormones

Torn ACL. . . . Now What?

Surgery

Autograph Allograph

From Self From Other

Patellar tendon

Hamstring tendon

IT Band Fascia

Rehab

6-9 months

Return to Play

Non-Surgical

Knee will be unstable so must strengthen structure around ACL to compensate

Limited participation

* No running, Jumping, or Cutting

Knee can still do all the movements needed

Can lead to further damage of surrounding structures

Rehab

3-4 months

Brace highly recommended

Limited to biking, walking, etc