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**THE ACL IS A KEY  
LIGAMENT THAT  
PROVIDES STABILITY  
TO YOUR KNEE. YOU  
CAN PROVIDE IT SOME  
SUPPORT BY  
PROMOTING MUSCLE  
STRENGTH AND  
CONTROL**

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## Contact us

**Do you have a knee injury? We  
can help!**

### **NORTH**

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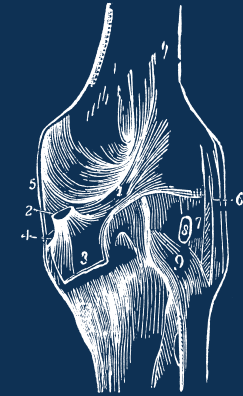
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## Anterior Cruciate Ligament (ACL) Injuries

Have you experienced an injury to your ACL recently? Or have you injured it in the past and still find some issues with instability?

Physiotherapy can help provide stability to your knee, along with managing symptoms of your injury.

# ABOUT ACL INJURIES

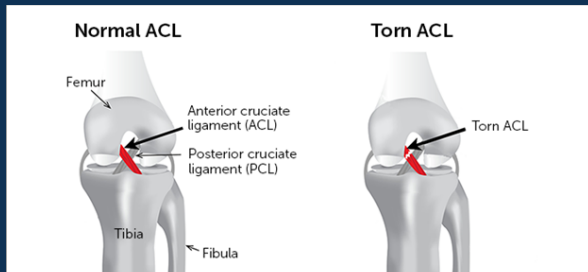
## HISTORY

Causes of injury include:

- Direct contact (30% of cases).
- Non-contact (70% of cases).
- Sudden acceleration/deceleration.
- Sudden changes in direction.
- Activities that involve jumping, twisting, and pivoting.

## SIGNS & SYMPTOMS

- **Grade I** – minimal tearing, minor tenderness and swelling. Typically no instability.
- **Grade II** – A partial or incomplete tear, moderate tenderness and swelling noted, and some loss of function. You may note some instances of instability.
- **Grade III** – Complete rupture/tear, some tenderness but limited pain, moderate-significant swelling, and significant instability.



## ANATOMY

The ACL prevents excessive anterior tibial displacement and is a key stabilizing ligament in your knee. Due to its location (deep in the knee), healing can be slow. The ACL receives limited blood supply, which limits its ability to heal.



## 1) Pain Management

**Ice + elevation.** With any injury that is acute (<7 days) it is important to follow the **RICE** method. This method includes **Rest**, **Ice**, **Compression**, **Elevation**. If you notice significant pain and/or swelling, make sure you ice your knee. This can be done 3-4x per day for 10-15 mins at a time. Make sure that you give 60-90 minutes between icing sessions.



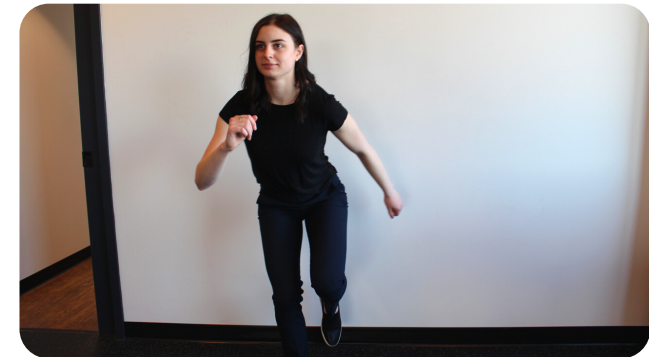
## 3) Strength & Balance

Start building strength and balance with **Reverse Lunge Sliders**. Start with feet shoulder width apart, with one foot on a sliding disc or a towel on a smooth surface. Slide the foot that is on the disc backwards and lower the hips into a lunge, so that the front knee is at 90 degrees. Reverse the lunge, bringing the sliding leg back to starting position. Repeat 8 times on each leg for 3 sets.



## 2) Mobility

A great exercise to begin mobility training is **Active Assisted Knee Flexion**. Begin by laying on your back or sitting at the edge of the chair. Bend your injured knee as far as you comfortably can, and then cross your uninjured leg in front of your injured leg, gently pull back and bend your injured leg further. Once you feel a gentle stretch hold for 10 seconds and repeat 5 times.



## 4) Functional/Sport

Once your mobility and strength has returned, you can return to sport and training. **Lateral Jumps** can help build your balance and strength. Starting on one leg, crouch into an athletic stance, and then bound to the side, landing on the other leg. Be sure to land softly by bending the knee when landing, and to not let the knee cave inwards. Repeat until fatigue for 3 sets.