

# ABOUT ACL

# INJURIES

## HISTORY

Causes of injury include:

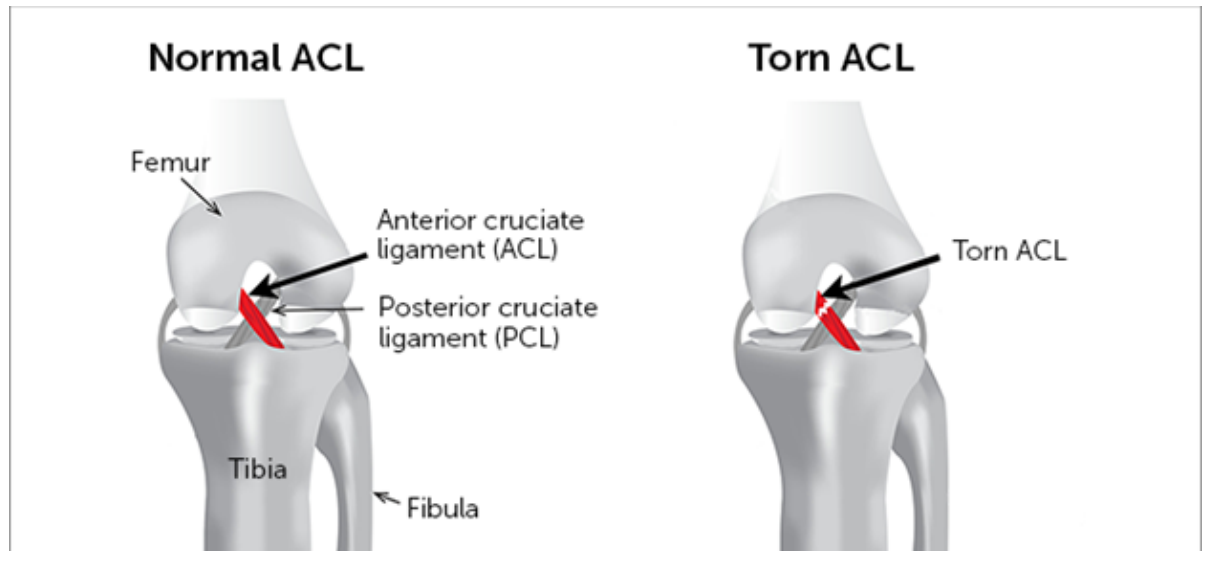
- Direct contact (30% of cases).
- Non-contact (70% of cases).
- Sudden acceleration/deceleration.
- Sudden changes in direction.
- Activities that involve jumping, twisting, and pivoting.

## SIGNS & SYMPTOMS

**Grade I** – minimal tearing, minor tenderness and swelling. Typically no instability.

**Grade II** – An incomplete tear, moderate tenderness and swelling, and some loss of function and 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 due to limited blood supply.



### Contact us

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## 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.



## 2) Mobility

Begin **Active Assisted Knee Flexion** 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.



## 3) Strength

Start **Reverse Lunge Sliders** with feet shoulder width apart, with one foot on 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 start position. Repeat 8 times on each leg for 3 sets.



## 4) Functional/Sport

Once mobility and strength have returned, you can return to sport. To perform **Lateral Jumps**, start 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.

