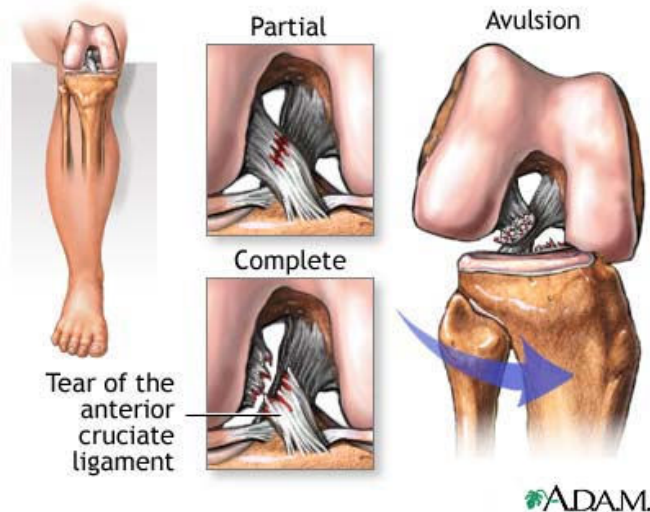


# ACL (Anterior Cruciate Ligament) Tear/Repair

The role of the Anterior Cruciate Ligament is to prevent forward movement of the tibia from underneath the femur. The ACL provides almost 90% stability to the knee joint. The ACL can be either partially torn or completely torn, as shown below. Surgery can be performed to reconstruct the torn ligament. Full recovery can be six months to a year.

## Anatomy



- Mechanism of Injury
  - Usually occurs through a twisting force being applied to the knee while the foot is firmly planted on the ground or upon landing
  - A direct blow to the outside of the knee
  - Often seen in combination with a medial meniscus tear, and/or MCL injury
- Treatment
  - Manual Therapy to the knee and surrounding musculature to decreased edema, swelling, and pain.
  - Joint Mobilizations including patellar mobs to increased range of motion.
  - Posture/Body Mechanics
  - Ambulation training with and without assistive device.
  - Therapeutic Exercise/Pilates focusing on quadriceps and hamstring strength.
  - Ultrasound
  - Ice and Electric Muscle Stimulation to the knee
  - Home Exercise Program designed to continue lower extremity stretching and strengthening at home.