

10 Things to Know About ACL INJURY

The anterior cruciate ligament (ACL), the primary stabilizer of the knee, is one of the most commonly injured knee ligaments. Damage to the ACL can occur when an athlete suddenly pivots or stops, quickly changes direction or lands after jumping. Here are 10 things to know when it comes to ACL injury:

1

ACL injuries occur in all sports, but are most frequent when **playing football, basketball and soccer.**

2

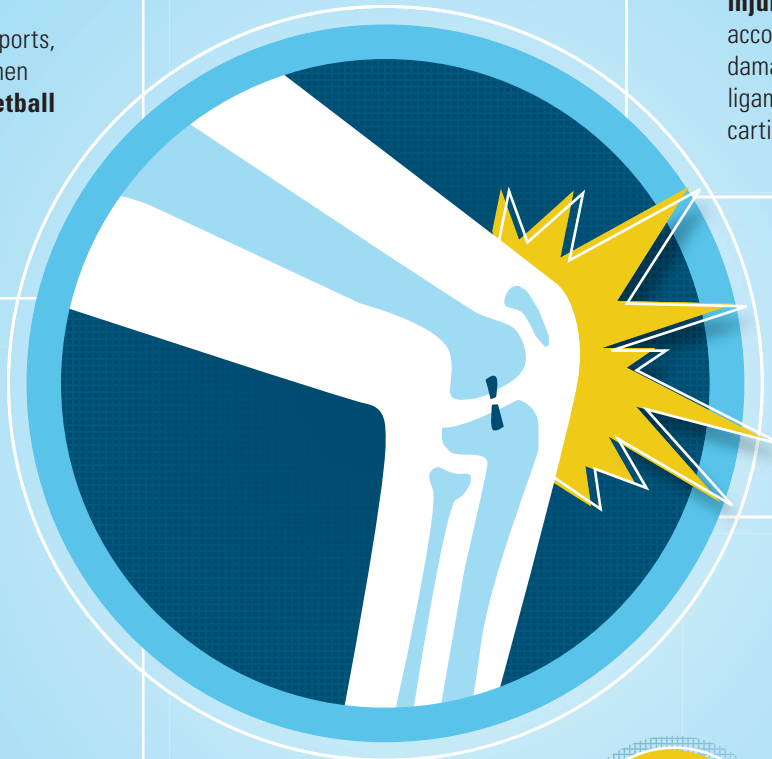
Female athletes are **more likely to experience** ACL injury than male athletes.

3

50% of ACL injuries are accompanied by damage to other ligaments or cartilage in the knee.

10

Preventative training program exercises have been shown to **improve an athlete's vertical leap, aerobic fitness and sprint speed.**



4

Surgery is **generally recommended** when dealing with a combination of injuries in the knee.

5

70% of ACL injuries sustained occur during non-contact sports, while 30% occur during contact sports.

9

Studies show preventative training programs can **reduce ACL and other traumatic knee injuries by 50%.**

6

50% of athletes diagnosed with an ACL injury **will develop osteoarthritis** within 10 to 20 years of injury.

8

Preventative training program exercises take **10 to 15 minutes to complete** and include stretching, strength training, jump training and improvements to balance and technique.

7

Preventative training done **2 to 3 times a week** can reduce the risk of ACL injury.