

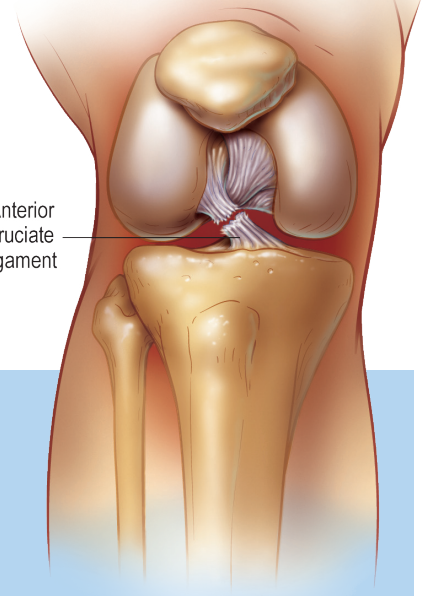


ACL TEAR

What is the ACL (Anterior Cruciate Ligament)?

The ACL is one of four broad ligaments that connect your thighbone (femur) to your shinbone (tibia). These ligaments hold these two bones in proper alignment and also help control the way your knee moves. The ACL connects from the front of the tibia to the back of the femur. The ACL controls movement of your tibia in multiple ways. It limits side-to-side rotation of your lower leg and prevents the tibia from moving too far forward. It also keeps the knee from extending beyond its normal range of motion.

Anterior
cruciate
ligament



FACTORS THAT CONTRIBUTE TO INJURY

Typically the ACL is torn when you slow down suddenly or cut or pivot with your foot firmly planted. Your body rotates over a fixed foot, causing a shearing of the ACL. Landing awkwardly from a jump can also tear an ACL. Female soccer players seem to have an increased risk of tearing the ACL compared to male soccer players. However, male soccer players have an increased risk of tearing an ACL compared to male basketball players and skiers.

With proper training in the off season, preseason and in season, the risk of tearing an ACL during soccer can be significantly reduced. Soccer-specific conditioning should be taught by a trained coach or athletic trainer.



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

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SIGNS AND SYMPTOMS

You may feel or hear a pop in your knee accompanied by a fairly rapid onset of swelling. This swelling is due to the bleeding that occurs with the tearing of the broad, vascular ACL. This swelling along with a torn ligament will create instability or feelings of "giving way."

TREATMENT

There are many different types of cold treatments. Below are three popular types:

ICE PACK

Crushed ice placed in a plastic bag is placed on the injured area for 15 to 20 minutes 3-4 times a day.

ICE SLUSH

Injured part is placed in a bucket or cup of water and ice. The temperature should be 40-50° F. The treatment should last 10 minutes. Repeat 3-4 times a day.

ICE MASSAGE

Injured area is massaged with an ice cube. This is done by placing water in a paper cup and freezing it. After the ice cup is frozen tear the cup half way down and massage the injury for 7 to 10 minutes. Repeat 3-4 times a day.

Normal sensation when using ice:

Cold sensation	0-3 minutes
Burning, aching	2-7 minutes
Local numbness	5-12 minutes

HOME ICE PACK RECIPE

- 2 cups water plus 1 cup Isopropyl Rubbing Alcohol.
- Mix into 1 gallon ZIP-LOC-type bag.
- Push all air out, zip tight and double bag.
- Freeze and use; it is reusable.