

HEALTH TIP



ACL Tears – Making the Grade

ACL tears are an extremely common knee injury, especially in athletes. A torn ACL ligament is classified into three important grades:



GRADE ONE

The ACL has been stretched but is still able to perform its job of stabilizing the knee joint.

GRADE TWO

The ACL has been stretched and is loosened or partially torn. (This grade of tear is rarer than a Grade One or Three)

GRADE THREE

The ACL has been torn into two pieces – a severe injury that typically requires surgical repair.

If you have suffered a knee injury, please call your doctor or have them refer you to a qualified sports medicine specialist or orthopedic surgeon so they can diagnosis it and create a treatment plan to help get you back in the game.