

HEALTH TIP

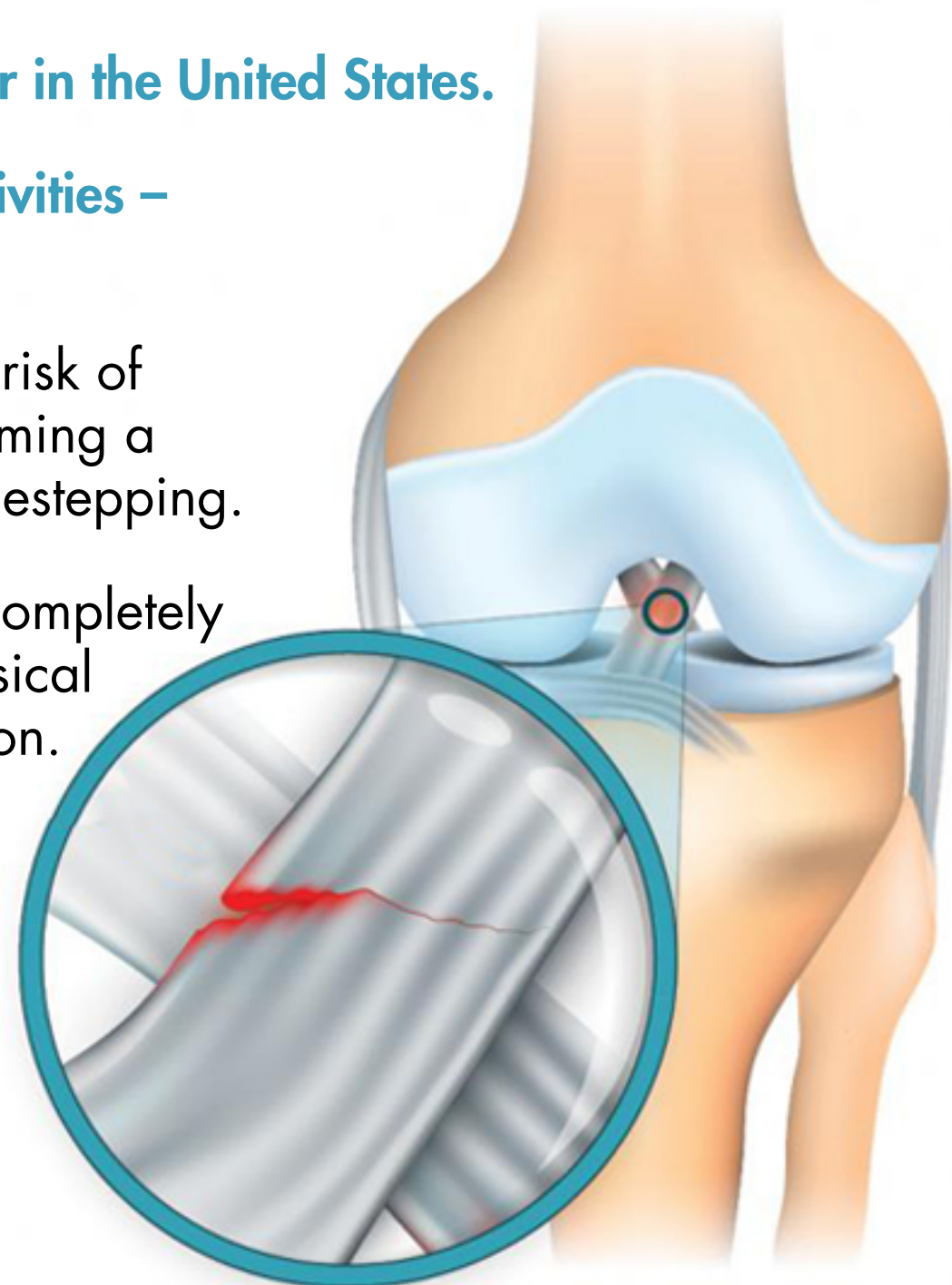


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ACL Tear FACTS

Many people believe some wild untruths about ACL tears, or how to prevent them. Here are the FACTS you need to know:

1. There are more than 100,000 ACL ruptures each year in the United States.
2. ACL tears can occur in MANY types of sports and activities – not only football, soccer, and basketball.
3. ACL tears aren't only common in contact sports– The risk of ACL injury is present even in athletes who are performing a non-contact activity – such as pivoting, cutting, or sidestepping.
4. Not all ACL tears require surgery – If the ACL is not completely torn and no other knee structures are damaged, physical therapy without surgical intervention may be an option.
5. ACL tear-risk can be reduced with training – A dedicated prevention program that focuses on injury risk reduction and performance enhancement is CRUCIAL for athletes, especially those at a higher risk of sustaining an ACL injury.



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