HEALTHIP



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.



