

# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

## ACL TEAR RISK FACTORS

Anyone can sustain an ACL injury, but certain people can be at a greater risk:

### WOMEN

ACL injuries are 3 times higher in female athletes than in males, due largely to anatomical and hormonal differences.

### SPECIFIC SPORTS PARTICIPATION

ACL tears are more common in athletes who participate in basketball, football, lacrosse, skiing, soccer and tennis, because these sports require sudden decelerative movements.

### PREVIOUS ACL TEAR

People who have already torn an ACL have a 15% greater risk of tearing it again, with an added risk of tearing the ACL of the other knee as well.

### AGE

People between the ages of 15-45 are more likely to sustain ACL tears as these are the years when a lifestyle is more active, and sports participation is at its peak.



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