

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

ACL TEAR AND ARTHRITIS

People who suffer an ACL tear have an increased risk for developing arthritis later.

- Some studies suggest that athletes who experience an ACL tear are more likely to develop knee joint arthritis in the affected knee within 10 years of the tear.
- Arthritis is often associated with the elderly population, but people who have experienced a traumatic knee injury are at an increased risk of earlier arthritis development.
- The risk of arthritis development also increases if the ACL tear was accompanied by damage to the meniscus or articular cartilage in the affected knee.
- The best way to prevent knee arthritis associated with an ACL tear is to prevent the ACL tear through proper training and conditioning techniques.



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