

# Anterior cruciate ligament injury (ACL) questions and answers

**Prognosis - answer** ACL injury used to be considered a career-ending injury for many athletes. However, with surgical reconstruction and proper physiotherapy, 41% to 92% of athletes are able to return to their pre-injury level of activity. Subjective and objective assessment of knee function and quality of life by patients and physicians generally show very favourable ratings after reconstruction. Ratings tend to be significantly lower for those who opt for non-surgical treatment. This is likely due at least in part to the increased risk of recurrent instability, meniscal tears, and a sense that the knee is untrustworthy.

**Management/Treatment - answer** sedentary patients - protected weight bearing/rest/ice/compression/elevation/medicine (PRICEM) + cautious physiotherapy  
moderate intensity demands - PRICEM + cautious physiotherapy  
- formal physiotherapy + customised bracing  
intense dynamic demands - PRICEM + cautious physiotherapy  
- surgical reconstruction

**Epidemiology - answer** The 15- to 45-year-old age group is at highest risk. Injuries occur primarily among active people, especially in sport involving cutting, pivoting, and decelerating (e.g., soccer, basketball, skiing) or contact (e.g., rugby). About 70% of ACL tears occur during sport activities. In children, falling off of a bike while trying to plant the ipsilateral foot is a common mechanism of ACL avulsion from the tibial eminence.

**Definition - answer** A torn anterior cruciate ligament (ACL) usually occurs as the result of an acute non-contact deceleration injury, forceful hyperextension, or excessive rotational forces about the knee. The ligament may be completely torn, partially torn, or avulsed from its origin or insertion. The ACL is the primary restraint to excessive anterior translation and rotation of the tibia on the femur; therefore, complete ACL disruption typically results in dynamic knee instability or the inability to respond to quick changes in position.

**History and Exam - answer** - audible pop  
- rapid knee swelling  
- inability to return to activity  
- sensation of knee instability or buckling  
- pain  
- positive Lachman's test  
- positive pivot shift manoeuvre

**Case History - answer** A 20-year-old female basketball player lands awkwardly from a rebound, feels a sudden painful pop in her right knee, and falls to the ground. She is unable to return to play and feels that her knee keeps giving out when she tries to bear

# Answers For Acl Problem Audit

**Daniela Niemeyer**



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