

# ACL Sprain/Tear

## What is it?

The stretching or tearing (pic. below) of the Anterior Cruciate Ligament of the knee. An ACL Sprain is where the ligament is stretched without tearing. The ACL is responsible for stopping the tibia (shin bone) from moving too far forward from the femur (thigh bone).

## Signs and Symptoms

Pain, decreased motion, swelling, point tender. Athletic Trainer and/or Doctor also has special tests they perform that can determine if this ligament is injured.

## How should it be treated?

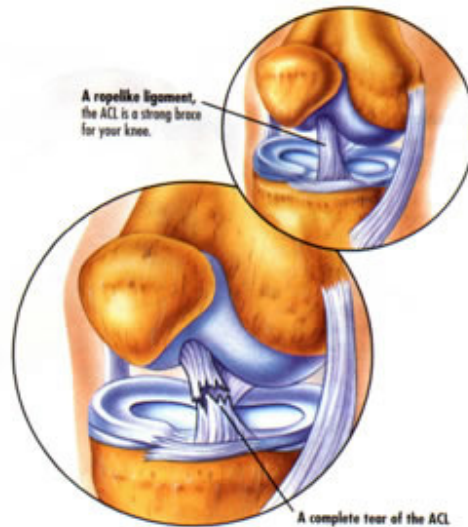
Rest, ice, Anti-Inflammatory medicine (ibuprofen = best example)

Referred to an Orthopedic Doctor.

Physical Therapy is usually recommended

## Will it need surgery?

That will be determined by the Orthopedic Doctor



<http://www.drwaltlowe.com/attachments/contentmanagers/6/acl-injury-anatomy.jpg>

## References:

Bernier, Julie N. (2005). *Quick Reference Dictionary for Athletic Training*. Second Edition. Thorofare, NJ: SLACK Incorporated.

Gallaspy, James B, May, J. Douglas (1996). *Signs and Symptoms of Athletic Injuries*. St. Louis, Missouri: Mosby-Year Book, Inc.