

Who's at risk?

ACL Prevention and Return to Sport Programs

Understanding ACL INJURIES

Athletes in sports that involve cutting, changing direction, or jumping.

- Baseball
- Basketball
- Football
- Soccer
- Softball
- Tennis
- Volleyball

Female Athletes

- 4-6x more likely to tear their ACL

Previously torn ACL

- 15x more likely to suffer an ACL tear
- Women are 16x more likely to have ACL re-tear than men
- 2x more likely to tear opposite ACL

Common Age Range

- 67% occurs in individuals between 15 and 29 years old
- Athletes younger than 25 years old have a higher rate of injury & reinjury within first 2 years
- 26% of ACL injuries occur between the ages of 30 to 44 years old
- 7% of athletes between 18 and 25 suffer reinjury within first 2 years

Programs are available at Select **ELITE** locations.

For more information, please contact at...
info@elitetherapycenters.com

You can also give us a call,

In the Greenville Area, at:
864-233-5128

Or in the Anderson Area, at:
864-964-0505

ELITE
PERFORMANCE

FITNESS

SPORTS PERFORMANCE

RETURN TO SPORT

INJURY PREVENTION

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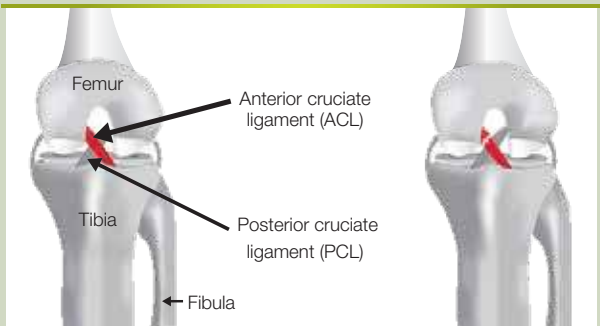
ELITE

What is the function of the ACL?

The Anterior Cruciate Ligament is an important ligament in the knee that prevents anterior movement of the tibia off the femur and hyperextension of the knee, as well as provides rotational stability to the knee.

Normal ACL

Torn ACL



Types of ACL Injuries:

- Grade 1:** The ligament has sustained mild damage and has been slightly stretched but can still keep the knee joint stable
- Grade 2:** The ligament is partially torn and as a result the ACL is stretched out and has become loose.
- Grade 3:** The ligament is completely torn, and the knee is unstable.

Causes:

There are several ways that an ACL can be injured.

- Changing direction rapidly
- Stopping suddenly
- Pivoting while your foot is firmly planted
- Landing from a jump incorrectly
- Direct blow or collision to the knee

Expectations for Recovery:

Depending upon doctor's clearance, athletes should expect to be able to:

- Start running at 12 weeks
- Start jumping at 12-14 weeks
- Begin agility training at 10-12 weeks

Athletes typically are not cleared to return to sport until 6-9 months post surgery.

- Athletes that return to sport sooner than 9 months are 7x more likely to have 2nd ACL injury
- 51% decrease in re-injury rate with each passing month after 9 months



ACL Injury Prevention

Don't wait for an ACL tear to just happen, be proactive!

While some ACL tears and risk factors are unavoidable, proper technique and strength can help prevent or reduce your risk of obtaining an ACL tear. Elite offers an ACL Injury Prevention program that is individualized to your needs and weaknesses. This is great for athletes to do in the off or pre-season time frame.

HOW CAN ELITE HELP?

Elite offers a two-step approach to ACL rehabilitation.

STEP 1:

Hands-On approach through physical therapy.

During this time the physical therapist focuses on restoring Range of Motion (ROM), increasing muscular strength & function, normalizing gait pattern, restoring normal balance, and improving functional movement patterns.

STEP 2:

Lower Extremity Return to Sport Program.

Transitional training for patients who have been cleared for sport/ physical activity after undergoing physical therapy treatment, but are looking to continue progression to return to sport. Suitable for athletes who require injury- and sport-specific training to get back to competing safely and efficiently.

The program is designed to help athletes confidently return back to sport after an ACL injury. This is accomplished by teaching proper jumping, landing, and lifting mechanics, as well as, increasing lower extremity and core strength while enhancing change of direction/agility techniques.

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