



ACL INJURIES

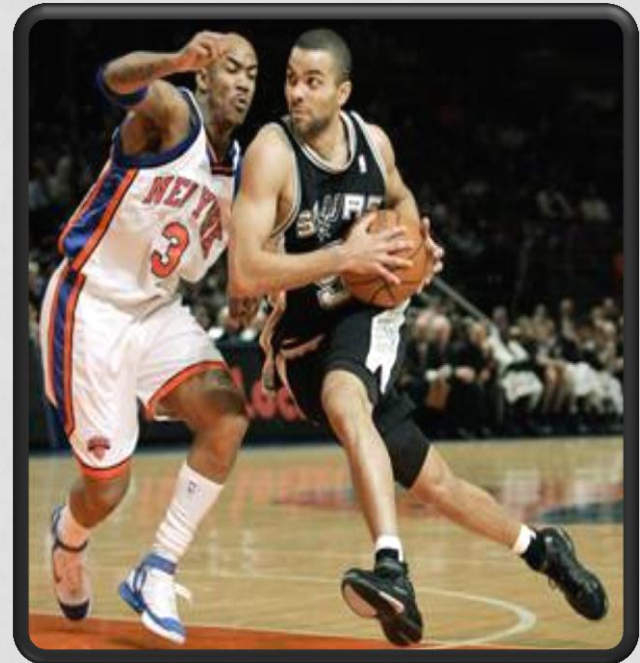
JAMES W. LARSON III, MD

OrthoNow

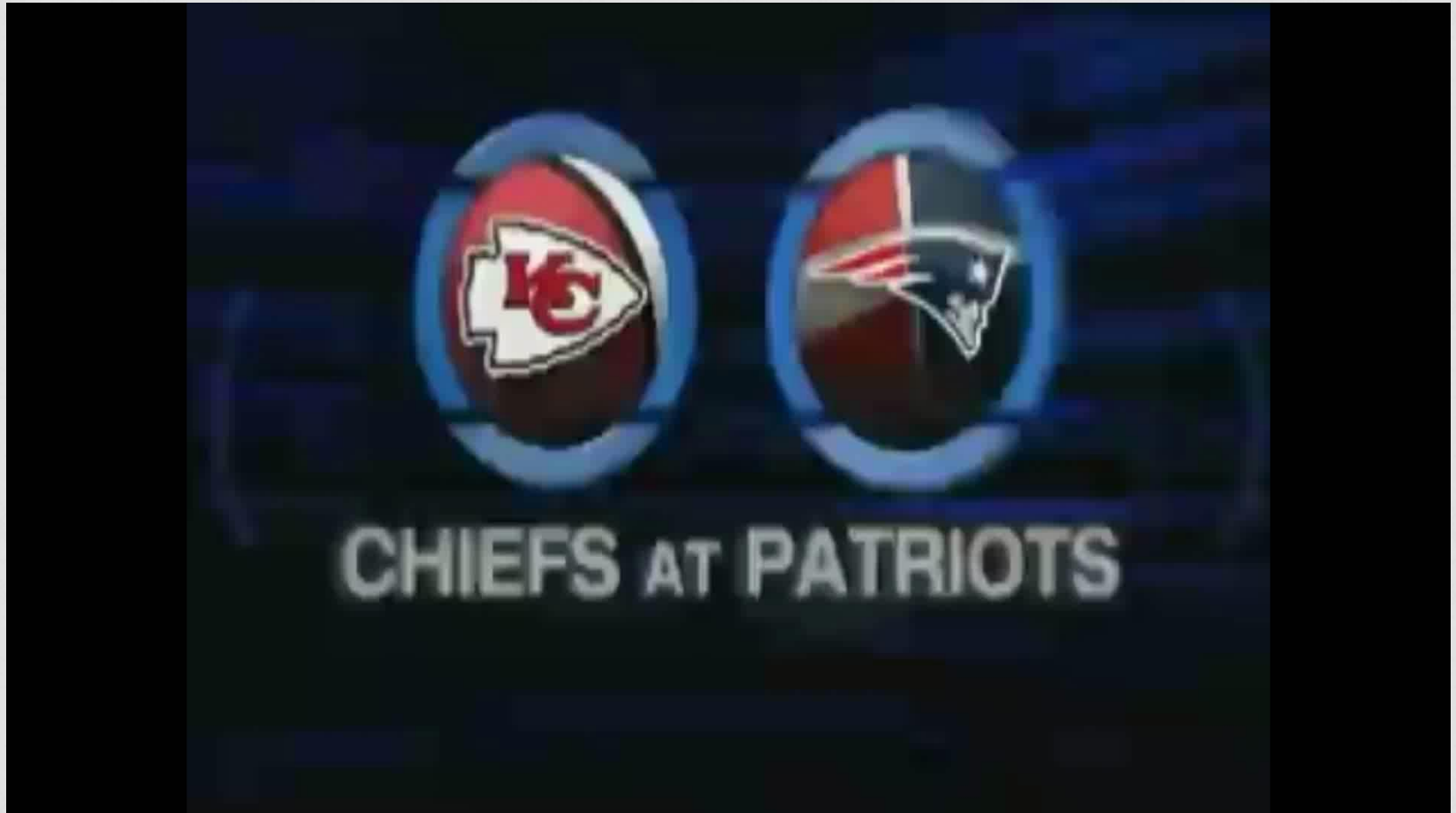


HOW?

- ACL Injuries are common
- Usually from sports
- Direct Hit
- Sudden Stop or Landing
- 6 times more common in women and girls

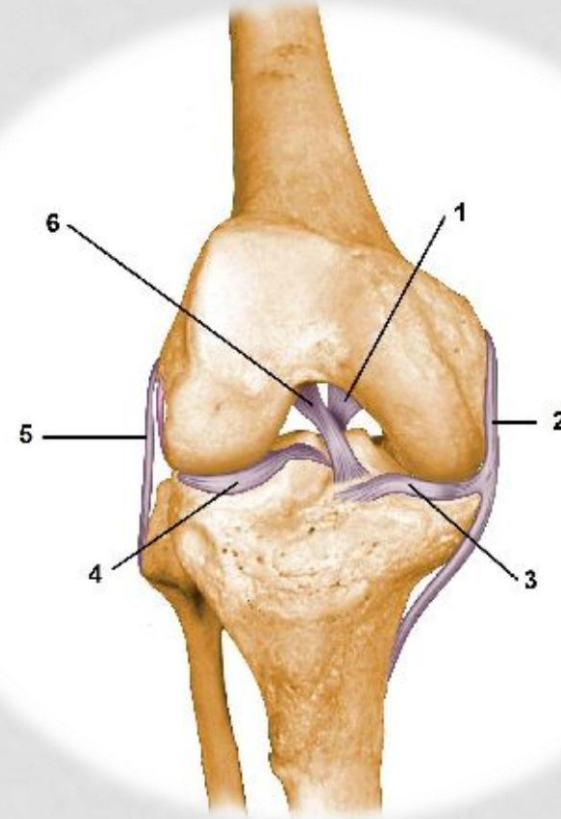


HOW?



WHAT?

- 4 Major ligaments
 - ACL - anterior cruciate
 - PCL - posterior cruciate
 - MCL - medial collateral
 - LCL - lateral collateral
- Medial and Lateral Meniscus



EXAMINATION



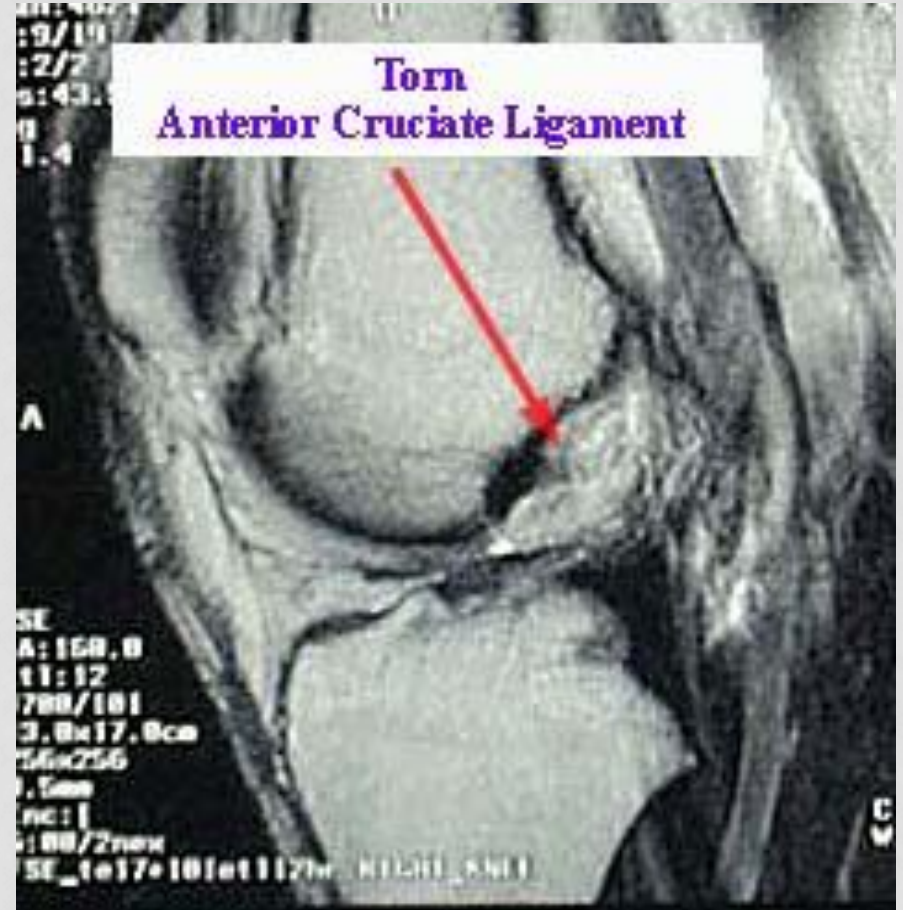
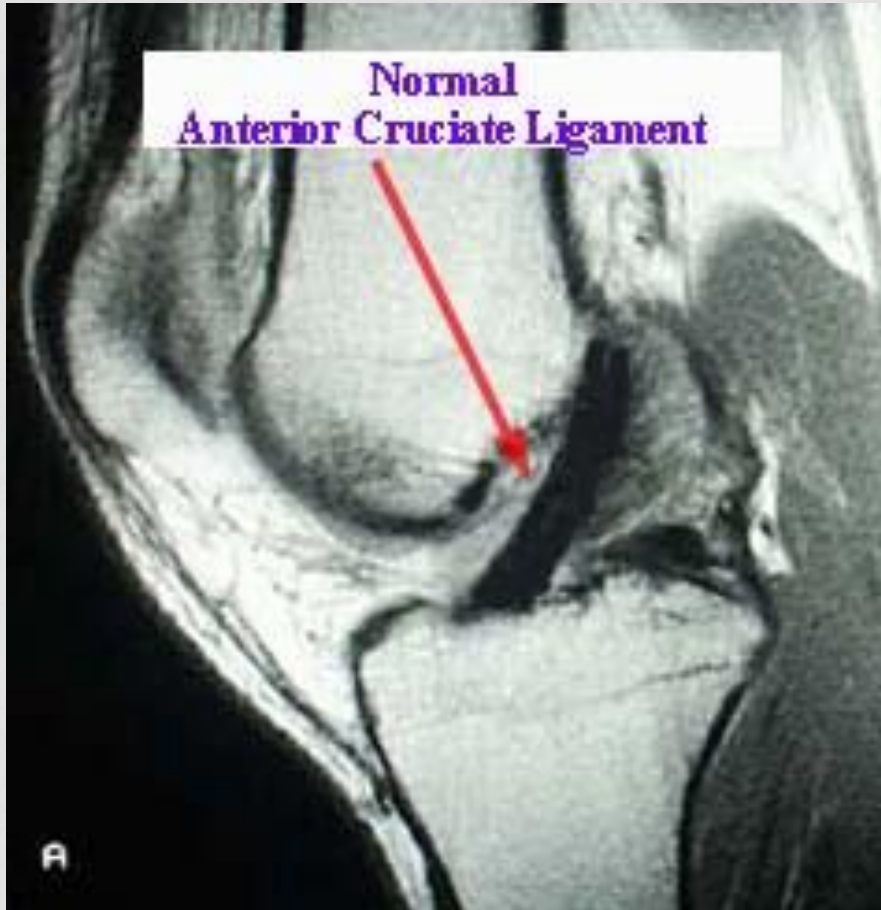
EXAMINATION



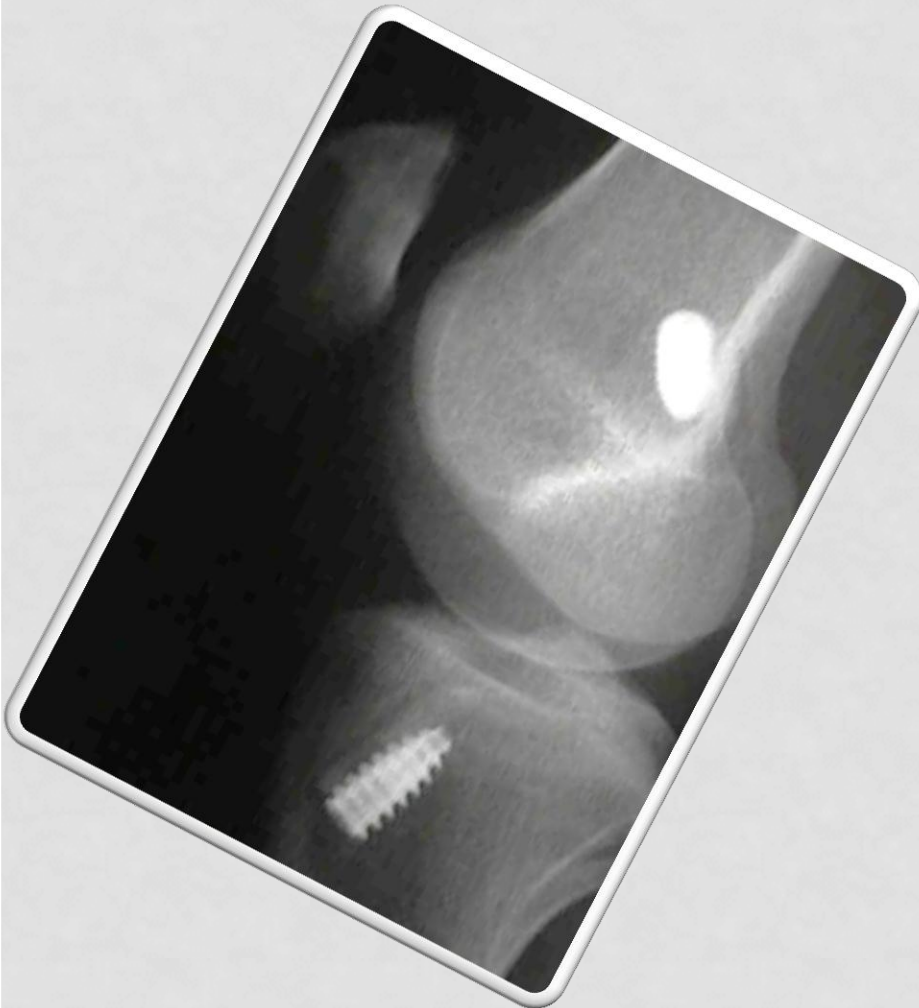
EXAMINATION



MRI

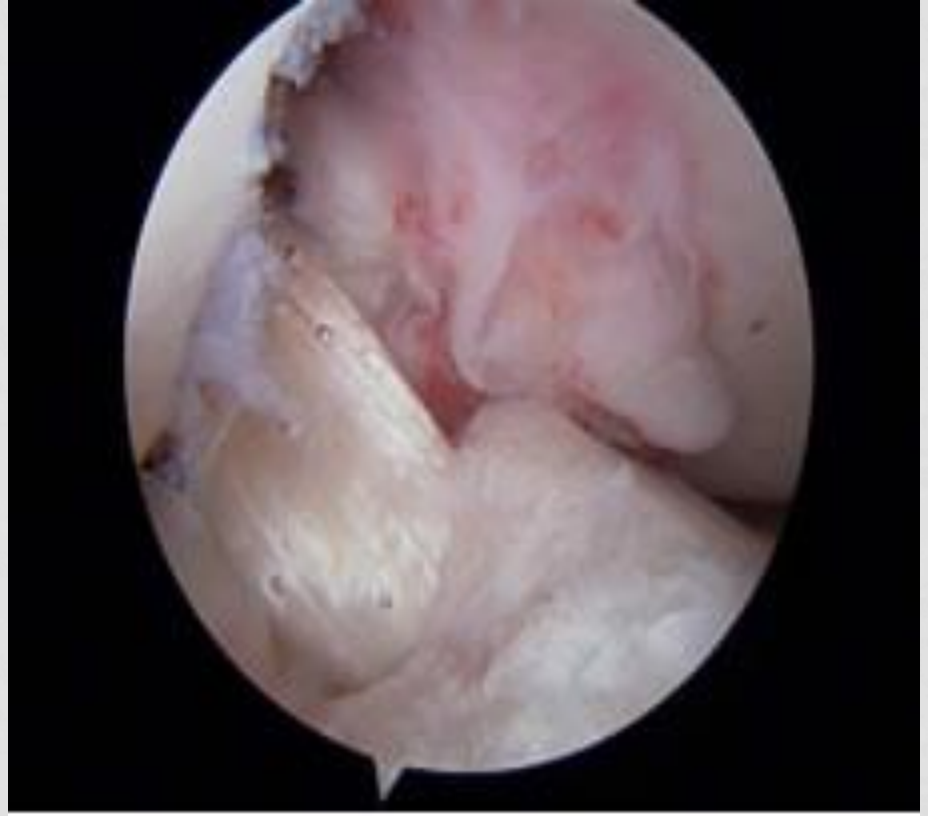


TREATMENT



- 1/3 stable for normal activities
- 1/3 not stable for daily function
- For sports, replacement recommended

SURGERY



RECOVERY

- Rest
- Motion
- Strength
- Endurance
- Sports
- Total Recovery:
6-12 months



CONCLUSION

PREVENTION IS THE KEY!!

EARLY DIAGNOSIS

PROPER TREATMENT

GOOD THERAPY

FULL RECOVERY TIME

