10 Key Facts About ACL INJURY

The anterior cruciate ligament (ACL) is the knee's main stabilizer and among its most often injured ligaments. ACL damage may occur with abrupt pivots, stops or changes of direction, or when landing after a jump. Here are 10 essential facts about ACL injuries:

1

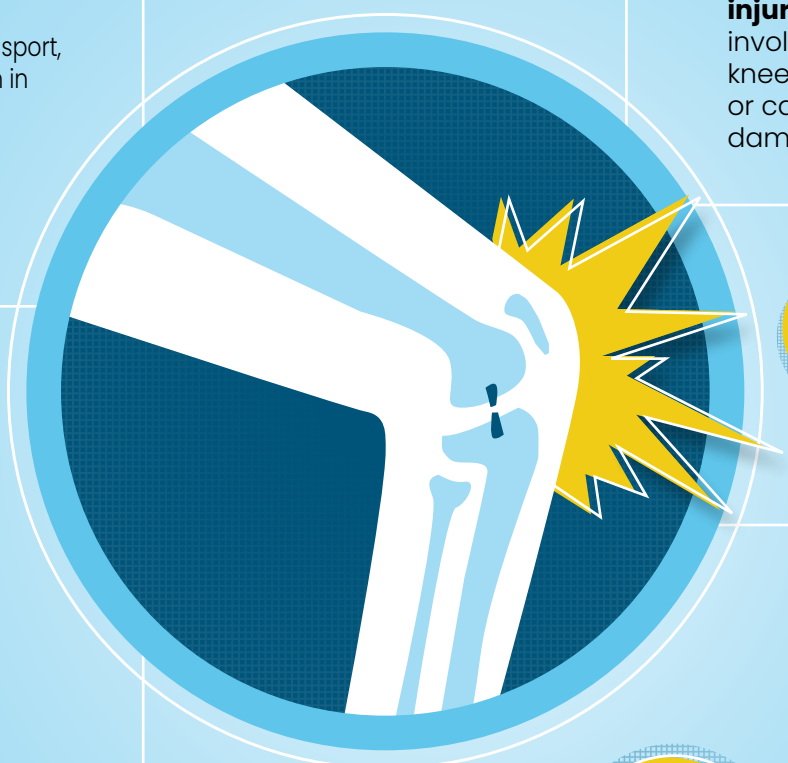
ACL injuries affect any sport, but are most common in **football, basketball and soccer.**

2

Female athletes have **a higher** ACL **injury risk** than male athletes.

3

50% of ACL injuries also involve other knee ligament or cartilage damage.



4

Surgery is **usually advised** for multiple injuries within the knee.

5

70% of ACL injuries occur in non-contact sports; the other 30% happen during contact sports.

6

50% of athletes with an ACL injury **develop osteoarthritis** within 10 to 20 years of injury.

7

Training for **prevention 2 to 3** times **weekly** can lower ACL injury risk.

8

Prevention sessions last 10 to 15 minutes **and combine** stretching, strength and jump training with work to improve balance and technique.

9

Research finds prevention training can **cut ACL and other traumatic knee injuries by 50%.**

10

Research shows prevention exercises **improve** athletes' **vertical jump, aerobic fitness and sprint speed.**

INFOGRAPHIC: NATIONAL ATHLETIC TRAINERS' ASSOCIATION

REFERENCES: NATIONAL ATHLETIC TRAINERS' ASSOCIATION, OSTEOARTHRITIS ACTION ALLIANCE, AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS