

## Anterior Cruciate Ligament (ACL) Injuries

### What are Anterior Cruciate Ligament (ACL) Injuries?

The Anterior Cruciate Ligament (ACL) is one of the 4 main ligaments that holds your knee together.

It is found right in the middle of your knee.



### How is it Injured?

The ACL is commonly injured by trying to change direction quickly while all of your weight is on your bent knee.

Alternatively the knee may have bent backwards.

Often no one else is involved in the incident.

You may hear a pop or snap.

There is usually a lot of swelling within a few hours.

### Investigations?

You will usually have an X-ray of your knee.

During your consultation Mr Raj will examine your knee. If he feels it is necessary he will request a MRI scan (Magnetic Resonance Imaging Scan) is carried out.

### Options?

Mr Raj will discuss the options with you at your consultation, as every patient has unique circumstances and individual needs.

Due to the nature of the injury you have sustained the knee is more at risk of arthritis when you are older. Further injuries increase this risk.

Physiotherapy may be required before any surgery is considered to reduce the swelling and improve the range of movement in the knee.

Surgery to make you a new ligament ([Anterior Cruciate Ligament Reconstruction](#)) aims to stabilize your knee and prevent further damage to the knee.

If you already have arthritis in your knee then it may be more appropriate to have a [Total Knee Replacement](#). Mr Raj will discuss this with you at your during your consultation.

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