



Want to know a little more?

Anterior Cruciate Ligament Injury

The Anterior Cruciate Ligament (ACL) is a strong ligament within the knee joint attaching the femur (thigh bone) to the shin bone (tibia). Together with the Posterior Cruciate Ligament they form a cross like pattern.

The ACL stabilizes the knee joint, limiting forward movement of the tibia on the femur.

Injury of the ACL often occurs when the foot is planted and you twist the thigh above the foot. ACL injury is common in AFL, soccer, basketball and netball.

Management of an ACL tear depends on the severity. Moderate and severe tears are best managed by arthroscopic surgery whereby they replace the ligament often with a graft from your hamstring tendon. Following surgery an intensive strengthening rehabilitation program over 9 months is necessary to return to pre-injury activities.



If the tear is only minor an intensive and very specific strengthening program guided by your physiotherapist may be completed.

Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist

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