

ACL Injuries: What you need to know!



The anterior cruciate ligament (ACL) is located inside the knee joint and is a major stabilizer of the knee, particularly for activities where the athlete is changing direction, like pivoting. Many athletic moves can put a lot of stress on the ACL: changing direction quickly, slowing down or stopping, colliding with other players and landing after a jump.

Facts:

- 400,000 ACL Injuries are reported each year
- 70% of those injuries are considered “non-contact”
- 39-65% of ACL injuries also include meniscus injuries
- Females are **5x** more likely to suffer an ACL injury than males
- **15-20%** of re-injury post ACL reconstruction
- Highest likelihood of re-injury occurs within 24 months of initial injury
- Girls’ sports with highest rates include: **soccer, basketball, lacrosse, gymnastics and volleyball**
- Boys’ sports with the highest rates include: **Football, Lacrosse and soccer**



How can we help?

UCHealth has created specific sport ACL Prevention Programs for the Colorado Springs community. These programs can be taught to any coach and team. Our goal is to create a culture of safety within all sports and keep your athletes on the field. Have your coach reach out to UCHealth Sports Medicine today for your best defense against ACL injuries.

Best Defense:

- Maintaining general health all year long
- Proper plyometric training (jump training)
- Agility training
- Focused strengthening on hamstrings and hip
- Mobility and flexibility exercises
- Balance and Body Positioning training (proprioception)
- Deceleration training
- Sport-Specific Conditioning
- Proper sports nutrition
- Emphasis on Core training
- Cardiovascular endurance



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