

## Overview

The vast majority of ACL injuries are sustained playing sport. In men, football is the main source of cases. Skiing is a similar source of injury in both sexes.

## Mechanism of injury

Twisting is often involved in cruciate ligament injuries. This can be associated with hyperextension of the knee. There are a few ways to stretch this ligament too much. However, the symptoms are usually very typical.

As the injury occurs, the patient will feel a pop, snap or tearing, followed by a rapid onset of swelling. Usually the pain is too much and the patient will not be able to “play on”. When the acute phase settles, the knee will be unstable with episodes of “giving way” with activity such as running or jumping, particularly if there is any twisting or rotation required.

## Treatment

See my section on ACL repair for treatment options. Many patients over the age of 40 do well with rehabilitation and without surgery. Many younger patients do not. Please come and have a chat if you need advice about your cruciate ligament injury.

**If you would like to arrange a consultation or just need an informal chat, please contact me at:**

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