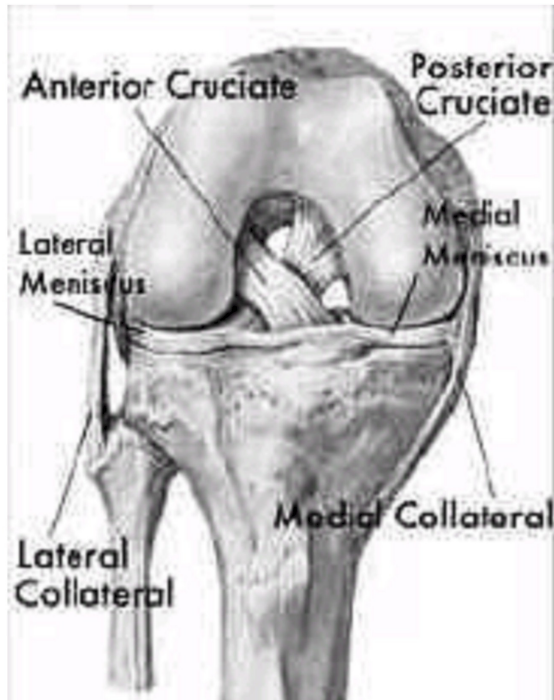


# ACL Injury Prevention

## What is an ACL?



The ACL, or Anterior Cruciate Ligament, is a very important band of tissue deep in the knee that helps keep the knee stable during athletic activities. If torn, it will most likely require surgical reconstruction, which is usually season-ending, and requires six months to a year for full recovery.

## ACL Injuries

The ACL can be torn by direct force to the knee, or, as is the case more than 75% of the time, by non-contact injuries.

Non-contact injuries include: planting and cutting, landing from a jump, and stopping.

Non-contact ACL injuries occur in athletes of both genders, but are four to ten times more likely to occur in females between the ages of thirteen and twenty.

## The Good News

Non-contact ACL injuries are preventable!

New research shows that non-contact ACL injuries are up to 88% preventable.