

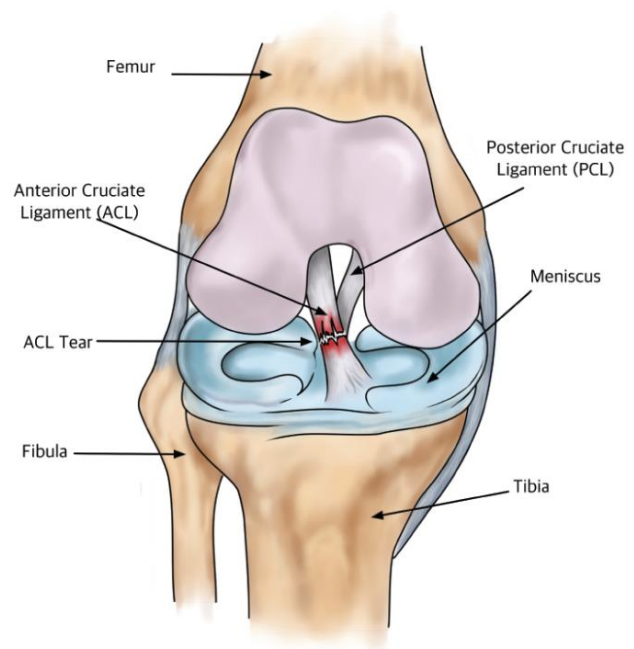
ANTERIOR CRUCIATE LIGAMENT (ACL) INJURIES

What is the anterior cruciate ligament (ACL)?

The Anterior cruciate ligament (ACL) is a ligament running from the posterior thigh bone (femur) anteriorly to the shin bone (tibia). Ligaments are strong tissues that connect one bone to the other. The ACL's primary role is preventing the shin bone from sliding out in front of the thigh bone.

What are the risk factors for ACL injuries?

ACL injuries are one of the most common sports related knee injuries. They are typically caused by plant-and-pivot or hyperextension mechanism. A tear can be partial or complete. It is estimated that around half of all ACL injuries occur in combination with damage to the meniscus, cartilage, or other ligaments. An ACL injury is often traumatic and thus typically requires immediate medical care. ACL injuries typically occur during contact sports such as football or soccer when the athlete gets hit on one side of the knee. Other causes include overextension of the knee or movements that combine rapid stopping and changing directions such as landing from a basketball jump.



WHAT ARE THE SYMPTOMS?

- A 'popping sound that occurs during the time of injury.
- Tenderness (from mild to significant depending on the grade of the injury).
- Swelling at the site of the injury.
- Decreased Range of motion or joint instability.

WHAT ARE THE TREATMENT OPTIONS?

In our off, we offer a comprehensive approach to treating ACL Injuries including:

- Chiropractic Adjustments: Realigning the bones of the ankle, hip and knee to help improve function and reduce stress on the ACL.
- Shockwave Therapy: Using acoustic waves to stimulate healing and reduce pain and inflammation.
- Therapeutic Exercise: Focusing on exercises that strengthen the knee and stretch the hip and ankle.
- Supplements: Including Saligesic for pain, Ligaplex 1 for tissue repair, and Boswellia Complex for decreasing inflammation.
- Ice: Applying ice to the affected area to reduce inflammation and pain.

Prevention Strategies

- Perform exercises to strengthen and stretch the ankle, knee, and hip muscles, especially the glutes and calves.
- Use self-myofascial release techniques such as foam rolling the Glutes, Hamstrings, Quads, and Calves regularly.
- Undergo a Functional Movement Exam with an Injury Risk Assessment to identify and address potential issues that could lead to increased risks of developing injuries like ACL Injuries.

By following these guidelines, you can manage ACL Injuries effectively and prevent its recurrence.



Dr. James Myers, DC
MOVE - ADAPT - LIVE

275 Carpenter Drive, Suite 209 - Sandy Springs, GA 30328

Schedule: (404) 255-4410

www.DrJamesMyers.com