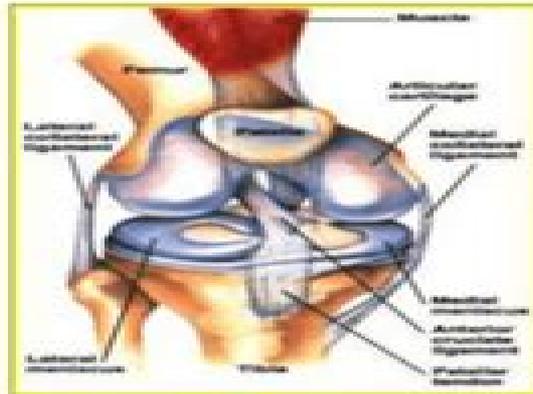


Patient Guide to ACL Injuries

What is the Anterior Cruciate Ligament (ACL)?

The anterior cruciate ligament (ACL) is one of the main ligaments in the center of the knee. It runs from the front of the tibia (shinbone) to the back of the femur (thighbone). It assists in proper movement of the knee joint, and prevents the tibia from slipping forward on the femur. Abnormal translation can create an unstable knee that “gives way” during activity.



How is the ACL injured?

The ACL is most commonly injured during a twisting or pivoting episode of the knee when the foot is planted on the ground. This can occur during such sports as football, soccer, basketball or skiing. It can also be injured during a direct blow to the knee, or with hyperflexion or hyperextension of the knee.

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