

Symptoms of ACL - A Quick Guide



There are four ligaments in our knees and of those is ACL. It helps to stabilize the knee joint and prevent it from moving too far forward or backward. ACL injuries are common in sports that involve pivoting, cutting, and landing from jumps, such as basketball, football, and soccer. Sometimes, they may require surgical intervention for the treatment and it may involve the use of [Orthopaedic Implant](#).

The symptoms of an ACL injury can vary depending on the severity of the tear. However, some common symptoms include:

- A popping or clicking sound at the time of the injury
- Severe pain in the knee
- Rapid swelling of the knee
- Loss of range of motion in the knee
- A feeling of instability
- Bruising around the knee

Any of these symptoms after knee injury demands consultation with the doctor. An ACL injury can be serious, and early diagnosis and treatment can help to prevent further damage to the knee joint.

What Causes an ACL Injury?

ACL injuries can be caused by a sudden twisting or pivoting motion of the knee, such as when you change direction quickly while running or landing from a jump. They can also be caused by a direct blow to the knee, such as a tackle in football.

How Is an ACL Injury Diagnosed?

Your doctor will likely start by asking you about your symptoms and how the injury occurred. They will then examine your knee to look for swelling, bruising, and loss of range of motion. Sometimes, an imaging test like MRI is required to confirm the diagnosis.

How Is an ACL Injury Treated?

The treatment for an ACL injury depends on the severity of the tear. For mild tears, treatment may involve rest, ice, compression, and elevation (RICE) therapy. In some cases, physical therapy may also be helpful.

For more severe tears, surgery may be necessary to repair the ligament. Surgery is usually recommended for athletes who want to return to high-level sports.

Recovery After an ACL Injury

It may take several months to recover from an ACL injury. The amount of time it takes to recover depends on the severity of the tear and the type of treatment you receive.

If you have surgery, you will need to wear a brace for several weeks after surgery. You will also need to start physical therapy to help you regain range of motion and strength in your knee.

Most people are able to return to their normal activities within 6 to 12 months after an ACL injury. However, it may take longer to return to high-level sports.

How to Prevent an ACL Injury

There are a few things you can do to help prevent an ACL injury, including:

- Strengthen your leg muscles. Strong leg muscles help to stabilize the knee joint and reduce the risk of injury.
- Stretch regularly. Stretching helps to keep your muscles flexible and prevents them from being injured.

- Wear proper footwear. Proper footwear helps to provide support for your ankles and knees.
- Be aware of your surroundings. When you are playing sports, be aware of other players and obstacles that could cause you to twist or fall.

To get a high-quality range of trauma implants, contact Siora Surgicals Pvt. Ltd., an experienced orthopedic implant manufacturer in India. The company is preparing to visit [Traumacon Mumbai 2023](#) from 10-13th August 2023.

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