

The Expert Guide to ACL Surgery: Everything You Need to Know



Surviving 7: The Expert's Guide to ACL Surgery: Recovery, Rehabilitation, and Prevention by Jenna Minecci

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2793 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 238 pages



What is ACL Surgery?

ACL surgery is a surgical procedure to repair or reconstruct the anterior cruciate ligament (ACL), a major ligament in the knee. The ACL is responsible for stabilizing the knee joint and preventing it from buckling or giving way.

ACL tears are common injuries, especially among athletes who participate in sports that involve cutting, jumping, and pivoting. Symptoms of an ACL tear include pain, swelling, instability, and difficulty bearing weight on the affected knee.

Diagnosis of an ACL Tear

An ACL tear is typically diagnosed based on a physical examination and medical history. Your doctor will ask you about your symptoms and how the injury occurred. They will also perform a series of tests to assess the stability of your knee and to rule out other injuries.

An MRI scan may be Free Downloaded to confirm the diagnosis of an ACL tear. An MRI scan is a non-invasive imaging test that uses magnetic waves to create detailed images of the inside of the knee.

Treatment Options for an ACL Tear

There are two main treatment options for an ACL tear: conservative treatment and surgical treatment.

Conservative treatment involves rest, ice, compression, and elevation (RICE). This treatment option is typically recommended for patients with partial ACL tears or for patients who are not active in sports or other activities that put stress on the knee.

Surgical treatment is typically recommended for patients with complete ACL tears or for patients who are active in sports or other activities that put stress on the knee. ACL surgery involves repairing or reconstructing the torn ligament.

ACL Surgery Procedure

ACL surgery is typically performed arthroscopically, which means that small incisions are made in the knee and a camera is inserted to visualize the inside of the joint. The surgeon will then use surgical instruments to repair or reconstruct the torn ACL.

There are two main types of ACL reconstruction surgery: autograft surgery and allograft surgery.

- **Autograft surgery** uses a tendon from your own body, typically from the hamstring or patellar tendon, to replace the torn ACL.
- **Allograft surgery** uses a tendon from a donor to replace the torn ACL.

The type of ACL reconstruction surgery that is right for you will depend on a number of factors, including the severity of your injury, your age, and your activity level.

Recovery from ACL Surgery

Recovery from ACL surgery typically takes several months. During the first few weeks after surgery, you will need to wear a knee brace and use crutches to protect your knee. You will also need to perform physical therapy exercises to strengthen the muscles around your knee and to regain range of motion.

Most patients are able to return to normal activities within 6-9 months after ACL surgery. However, it is important to follow your doctor's instructions carefully and to gradually increase your activity level to avoid re-injury.

ACL surgery is a major orthopedic procedure that can be daunting for patients. However, with proper care and rehabilitation, most patients can recover fully and return to their normal activities.

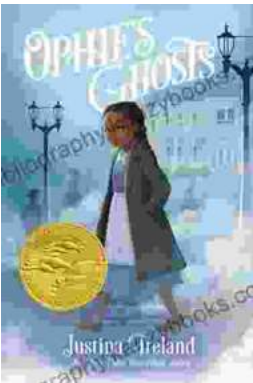
If you are considering ACL surgery, it is important to talk to your doctor about the risks and benefits of the procedure. Your doctor can help you make the best decision for your individual needs.



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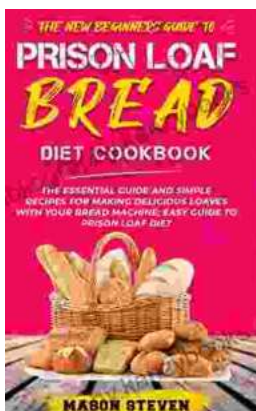
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