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ACL Injury Prevention

What is the ACL?

The anterior cruciate ligament is a soft tissue structure that connects the tibia and femur to provide stability to the knee.

This ligament limits forward movement of the tibia on the femur.



What causes an ACL injury?

In sports, jumping and landing is the most common cause of ACL injuries due to poor technique on landing. Due to improper land-ing technique there are often excessive strains on the ligamentous structures of the knees re-sulting in injury.

Who does it affect?

High school female athletes have greater incidence of ACL injuries than males. This is most often due to decreased muscle strength and poor alignment of the leg when performing activities that place stress upon the structures of the knees.

How can you reduce your risk of ACL injury?

Learning proper jumping techniques at an early age is important in the reduction of increasing stresses on the knee joints. It is also important for youth athletes to perform proper lifting techniques during weight training to minimize excessive stress on the structures of the knee joints.

Who can help with ACL injury prevention?

A physical therapist can assess alignment of the legs as well as techniques for lifting, running, and jumping. The physical therapist can provide exercises to strengthen weak areas of the legs and train for proper align-ment to reduce injury.



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