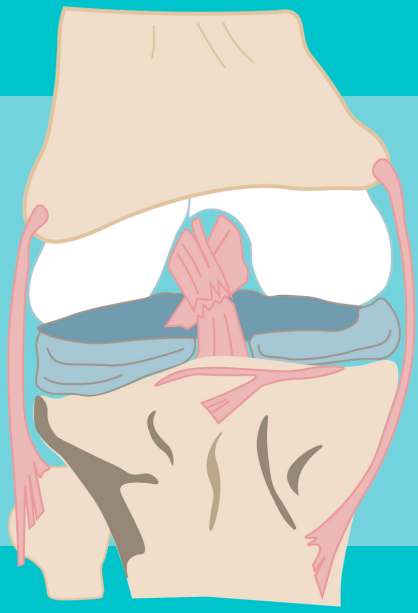


# KNEE ACL TEARS:

## Symptoms, Causes, and Treatment



### ANTERIOR CRUCIATE LIGAMENT (ACL)

joined with the PCL to form the "X" structure in the middle of the knee joint to provide stability to the knee during movements

### ACL INJURY CLASSIFICATION



**Grade 1 ACL Sprain**  
there is mild damage to the ACL due to stretch



**Grade 2 ACL Sprain**  
there is partial damage or tear to the ACL



**Grade 3 ACL Sprain**  
there is complete to almost complete tear to the ACL

### ACL INJURY SYMPTOMS



**Pain and Swelling**



**Tenderness**



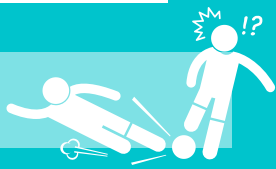
**Limited Range of Motion**



**Knee Instability**

### CAUSES

**Direct Blow**



**Accidents**

**Forceful Rotation**



### DIAGNOSIS



**X-ray**

**Physical Examination and Medical History**



**MRI**

### HOME REMEDIES AND TREATMENT

Home Remedies for ACL tears are **NOT ENCOURAGED**

**Surgical Treatment**



**Surgical Reconstruction**

**Non-Surgical Treatment**



**Hot Compress**



**Rest**



**Joint Protection**



**Proper Exercise**

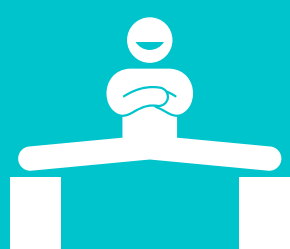


**Strength Training**

### PREVENTION



**Prepare and Train Your Body**



**Improve Strength and Flexibility**



**Perform Low-Impact Exercise**