

YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: ACL Tear (Non-Operative)

The **Anterior Cruciate Ligament (ACL)** is a vital component of the knee joint's stability. It is one of the four major ligaments located in the center of the knee and plays an essential role in connecting the thigh bone (femur) to the shin bone (tibia). The ACL's primary function is to control the knee's forward and backward movement while preventing excessive rotation of the shin bone, thereby ensuring joint stability.

ACL injuries are common and can cause knee pain and instability, often resulting from sudden stops, changes in direction, or jumping activities. Direct impact to the knee joint can also cause ACL injuries. When an ACL injury occurs, a popping sound is often heard at the time of injury, accompanied by pain, swelling, and instability in the knee.

In the case of an ACL tear, non-operative treatments include physical therapy, bracing, rehabilitation exercises, and injection therapy. These treatments can effectively manage symptoms, reduce pain, and improve function, ultimately allowing some patients to avoid surgery.

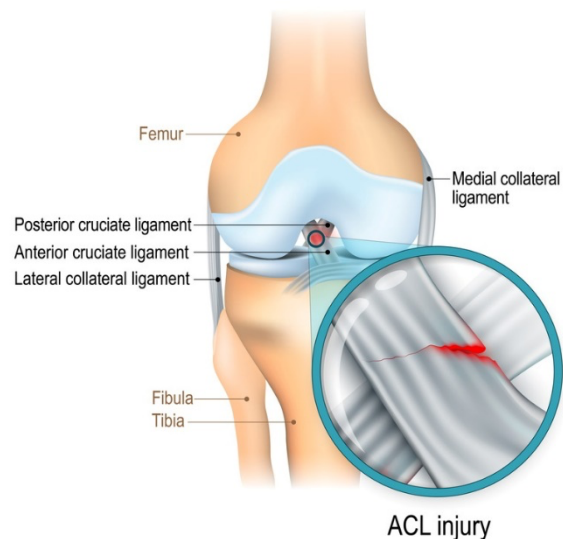
Physical therapy is a crucial aspect of non-operative treatment for ACL injuries. The therapy focuses on strengthening the knee muscles, particularly the quadriceps and hamstring muscles, to help better distribute the forces acting on the injured ACL. Strengthening these muscles can help improve joint stability, reduce pain, and improve the overall functionality of the knee.

Bracing is another non-operative treatment option for ACL injuries. Knee braces help support the knee joint, reduce pressure on the ACL, and provide stability. Bracing can be especially effective for patients with a partial tear or mild sprain of the ACL, but it can also provide benefits for those who have sustained a complete tear. Braces are also useful in preventing further injury while engaging in physical activities.

Rehabilitation exercises are also beneficial in managing ACL injuries. These exercises are designed to improve the range of motion, strengthen the knee joint, and improve flexibility. Rehabilitation exercises may include leg presses, squats, and other exercises that target the muscles surrounding the knee joint.

Finally, many patients now decide to try to augment their recovery with the use of **"regenerative" injection therapies** such as platelet rich plasma (PRP), prolotherapy, or viscosupplements (hyaluronic acid).

Anterior cruciate ligament injury



ACL injury

BECOME AN EXPERT cont'd

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the term ACL tear; it's important to us that you understand what it means!

Now you know more about ACL tears, we can address treatment options that support improving knee strength and stability. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way.

The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of some ACL injuries. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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