

# JERSEY CENTRAL

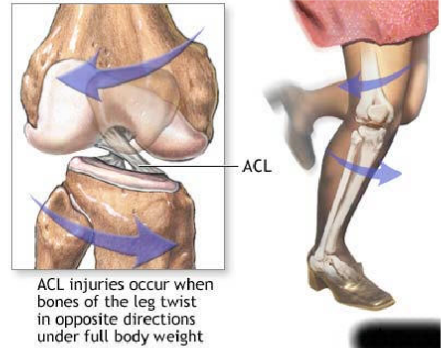
## PHYSICAL THERAPY FITNESS

### Physical Therapy and ACL Injuries

If you're an athlete or sports fan, you've probably heard of ACL injuries, but do you know what an ACL is? Your Anterior Cruciate Ligament (ACL) helps keep your knee stable. ACL injuries range from minor sprains to complete tears and can cause severe pain and immobility.

#### What causes ACL injuries?

ACL injuries occur in a variety of settings (home, school, sports, work, and play). We have seen skiers, runners, gymnasts, baseball, softball, football and soccer players to name a few. Girls are 2 to 8 times more likely to sustain ACL injuries than boys. As we age, the ACL gets weaker making it more prone to injury making individuals over 40 at a greater risk for ACL injuries occur to people of all ages, sex or activity.



ACL injuries occur when bones of the leg twist in opposite directions under full body weight

#### How will I know if I have an ACL injury?

Typically, the first sign of an ACL injury is moderate to severe knee pain, but there are other symptoms as well. You may hear or have a sensation of something popping in your knee at the time of injury. Severe knee swelling typically occurs within the first hour or two after the injury. You may also lose the ability to move your knee because of the pain, swelling, or both. Your knee may buckle or give out on you. **Remember, don't let it go untreated.** You can cause more damage to your knee joint. So be sure to make an appointment with us or your doctor if you suspect an ACL injury.

#### Use the RICE Method for immediate relief

Start first aid immediately after an ACL injury to lessen the extent of damage. The **RICE** method can help reduce the swelling and pain associated with an ACL injury. **Rest** your knee. Don't try to walk. Second, put **Ice** on your knee. Third, apply **Compression** to the knee (ace wrap-figure "eight" pattern), being careful not to put it on so tightly that you restrict blood flow. Lastly, **Elevate** your leg above your heart as you ice and compress it.



#### Strengthen the Knee to Get Yourself Back on Track.

Depending on the extent of the ACL injury, surgery may or may not be required. Our role is to return you and your injured knee to the same level of function as it was prior to the injury. After our examination, we will initiate a comprehensive program of motor control, stabilization exercises, flexibility, strengthening, and endurance activities. By working closely with us, you might be able to strengthen your core and injured leg enough to avoid surgery and further injury. We will get you back on your feet as soon as possible.

Please call us to schedule a consultation today. We also offer preventive strengthening programs to assist you or an athlete in your family to stabilize and strengthen your core and lower extremities minimizing the possibility of ACL injuries. After all, "An ounce of prevention is better than a pound of cure".

#### PLEASE CONTACT US FOR MORE INFORMATION:

Dr Alex Ivashenko PT DPT OCS  
Board Certified Orthopedic Physical Therapist  
Jersey Central Physical Therapy  
2147 Route 27  
Edison NJ 08817  
732-777-9733