Is anterior cruciate ligament (ACL) surgery the answer?

% Return to Sport (RTS) post ACL Surgery

- 81% will return to some form of sport post surgery
- about only 2/3 will return back to playing the same level before their injury
- about only 50% will return back to competition

Rate of Reinjury after Surgery

- Paterno 2014: 30%
- MOON Soccer Women: 20%
- Shelbourne 2009 (<18 y.o): 30%
- Leys 2011: 17%

possibly 1/5 (20%) chance of re-injuring either knee (more likely your non-surgical knee) upon return

having ACL surgery does not mean you will return back to your sport successfully

most likely other factors that need to be addressed (psychological, fitness, movement mechanics etc.)

Tips:

- Don’t RUSH back too quickly!
- Do your physio program!
- Set realistic goals
- Focus on mental health
- Aim for long term knee health

NEW MINDSET FOR NEW RESULT

ASK YOUR PHYSIO IF THE F.A.S.T. KNEE PROGRAM IS RIGHT FOR YOU TO HELP ACHIEVE YOUR GOALS!

Failla et al., 2015 "Controversies in knee rehabilitation - ACL injury"