

Introduction

Physiotherapy for Knee – Anterior Cruciate Injuries



Welcome to BodyZone Physiotherapy patient resource about from Anterior Cruciate Ligament Injuries.

The anterior cruciate ligament (ACL) is probably the most commonly injured ligament of the knee. In most cases, the ACL is injured by people participating in athletic activity. As sports have become an increasingly important part of our to-day life over the past few decades, the number of ACL injuries has steadily increased. This injury has received a great deal of attention from orthopedic surgeons over the past 15 years, and very successful operations to reconstruct the ACL have been developed.