



Knee INJURIES

ACL Tears in Lacrosse Players

- Lacrosse has the second highest rate of ACL injuries compared to all other high school sports
- ACL injuries occur at a rate of .4% per season
- ACL tears are more common in non-contact movements (cutting)
- ACL tears are much more common in competition than in practice
- ACL tears are commonly treated with surgical intervention
- Risk Factors of the Injury:
 - Extrinsic:
 - Playing surface: Surfaces with higher friction rates may increase ACL injuries
 - Shoe type: Shoes with increased torsional resistance lead to increased ACL tears
 - Avoid cleats with longer irregular cleats at the shoe sole periphery and smaller pointed cleats positioned interiorly
 - Intrinsic:
 - Genetics: Having a first degree relative with a history of ACL injury increases the chances of having an ACL injury
 - Anatomical structures:
 - Decreased intercondylar notch (space where the ACL runs)
 - Increased posterior tibial slope
 - Increased Q angle (angle of the femur to the tibia)
 - Sex: ACL tears are more common in females
 - Muscle imbalances: decreased hip Abduction strength and decreased trunk control
 - Fatigue
- Treatment for ACL tear at Fox Valley Lacrosse Team Doctors - PRO Sports & Spinal Rehab:
 - Surgical intervention is typically used initially
 - There are multiple surgical techniques that can be completed including: patellar graft, hamstring graft, and cadaver graft. Each has its own pros and cons
 - After surgical intervention is completed the patient then begin physical therapy
 - Physical therapy typically last about 22 weeks
 - Therapy includes exercises to improve balance, strength, ROM, quad control, flexibility, joint mobility, proprioception, body mechanics and swelling

- Injury Prevention:
 - Prevention programs should include plyometric, stretching, strengthening, balance, and neuromuscular training (education on proper form).
 - Several programs exist including the Prevent Injury Enhance Performance injury prevention program (PEP) and the Warm-up for Injury Prevention and Performance (WIPP)
 - ACL prevention programs can decrease ACL occurrences up to 85% in males

If there are any questions regarding this topic or other topics of interest, please reach us at prorehab.max@gmail.com



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