

Happy Valley

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Service Hours

Monday to Friday: 10:00 am – 6:00 pm
Saturday: 11:00 am – 3:00 pm
Closed on Sundays and Public Holidays
by Appointment



Anterior Cruciate Ligament Tear



For enquiries and appointments,
please contact us

Anterior Cruciate Ligament (ACL)

ACL tear is one of the commonest injuries in the knee joint. The ACL can be injured in many ways, such as during twisting, sudden stops, landing from a jump or head-on collision (as in a rugby tackle). It is a common sports injury among soccer, basketball, rugby, hockey and racquetball players. It is also common in winter sports such as skiing.

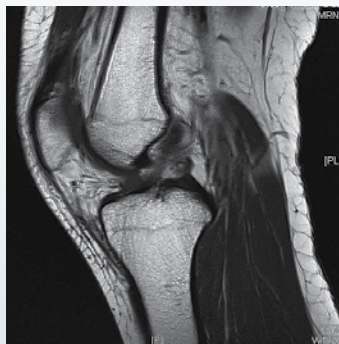
Symptoms

During the acute injury, pain is usually felt immediately around the knee and sometimes a popping sound can be heard as though something has torn inside your knee. Shortly thereafter there will be swelling. Occasionally, you may feel the pain and swelling sometime after the injury. You may have difficulty standing and walking.

If you do not seek treatment and leave the ACL tear untreated, you may find your knee unstable when you do certain twisting motions, or make a sudden stop. You may even find your knee in pain or swollen after such episodes of instability.

Diagnosis

Your doctor will ask you questions about the injury and perform an examination on your knee. X-rays or an MRI may be necessary. Sometimes arthroscopy of the knee is required.



Treatment

The treatment options can be operative or nonoperative. Operative treatment is recommended for young and active athletes. The two common grafts for the surgery are patellar tendon and hamstrings tendon. The torn ACL is replaced with a new ligament. For patients who are not engaged in active sports or who are willing to modify activities to prevent instability episodes, non-operative treatment is recommended.

Rehabilitation

Rehabilitation with muscle strengthening, stretching and proprioception training is an important part of recovery whether you choose operative or nonoperative treatment. Your physiotherapist will design a rehabilitation programme for you with the aim of facilitating your recovery. The programme may last for months.