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Sent: Tuesday, 5 February 2013 12:51 PM
To: Steve
Subject: PHYSIO4ALL E-News: Australia - The ACL Capital

Learn about our ACLs and how to prevent them!! PLUS
Special Offer - 10% OFF Tempur Original Pillow!!!

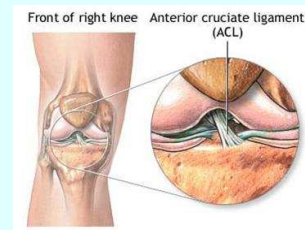
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PHYSIO4ALL E-News

Australia - The ACL Capital

ACL reconstructions are more prevalent in Australia than most developed countries!

- [Why?](#)
- [How do ACLs occur?](#)
- [So how do we prevent ACLs?](#)
- [How do we fix ACLs?](#)
- [Special Offer!](#)



1. Why?

- Increased activity rates in higher risk sports such as soccer, AFL and even skiing
- Girls <15yrs at higher risk possibly due to delayed development of co-ordination
- Males far more prevalent between 15-24yrs due to increased velocity and impact sports
- The playing surfaces of Australia are considerably harder due to:

2. *Type of grass (too much traction...)*
3. *Playing surface (e.g. netball, tennis)*
4. *Picking up sports at later ages delays co-ordination, as opposed to playing a sport your whole life*
5. *Increased number of jumping sports with challenging landing patterns (AFL, soccer, rugby)*



2. How do ACLs occur?

- Most ACL tears stem from sudden twisting of the knee. E.g. landing from a jump involving deceleration at the foot and knee
- Often a loud “pop” is heard but not always, this is accompanied with swelling usually within hours
- An absent ACL creates instability in the knee on twisting movements and sudden stopping

3. So how do we prevent ACLs?

- SPECIFIC **PLYOMETRIC** AND **PROPRIOCEPTIVE** EXERCISES HAVE SHOWN TO SIGNIFICANTLY DECREASE THE INCIDENCE OF ACL RUPTURES
- E.g. jumping with cones, sprints with change of direction, challenging your capacity to land with control!!
- There are specific programmes for each sport available such as the [PEP Program](#)



4. How to fix an ACL

- An active adolescent or adult will usually require reconstructive surgery
- Where a person wants to return to a low level of activity, or a low knee impact sport then it is possible to continue without an ACL
- If you suspect an ACL or any knee injury you should consult PHYSIO4ALL as soon as possible. Call us now on **99222212**



Check out our YouTube Injury Prevention Program 7-part video series, including: [Physiotherapy North Sydney: Injury Prevention Program](#)
[Dynamic Stretch](#)

Go to the [PHYSIO4ALLsydney YouTube Channel](#) for the rest of the Injury Prevention Program Series.

PHYSIO4ALL ANNOUNCEMENTS

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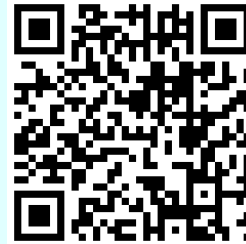
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