



Delaware  
Physical Therapy Clinic

*Open to the public*

## ACL Injuries

The University of Delaware Physical Therapy Department leads the nation in ACL research. Following an ACL tear, we can screen individuals for their potential to rehabilitate their injury without surgery and participation in one of our current research studies. We are also screening patients before and after surgery for participation in research studies as well.

The University of Delaware presents the latest research in non-operative and post-operative management of the ACL on a national and international level. Our physical therapists are recognized by the American Physical Therapy Association as orthopedic and sports certified clinical specialists.

**University of Delaware  
Physical Therapy is Ranked  
#1 in the Nation by US  
News and World Report!**

**We staff Board Certified  
Specialists in the areas  
of Orthopedics, Sports,  
Geriatric, and Neurologic  
physical therapy.**



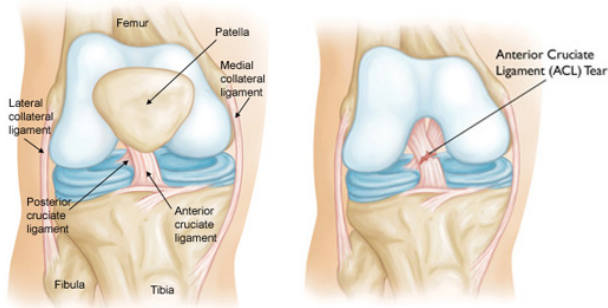
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## What is the ACL?



Normal ACL

Torn ACL

The ACL is one of four ligaments in your knee that stabilizes the joint. When the ACL is torn, the athlete may feel his or her knee “give way” or buckle and the athlete typically is unable to continue playing at that time.

## How do you injure the ACL?

- Direct contact (football tackle or falling while skiing)
- Planting the foot and cutting (quickly changing directions)
- Stopping suddenly
- Landing from a jump incorrectly (on a straight leg)

## Signs & symptoms of an ACL tear

- **Pop**—You may hear a pop when the knee “gives way” or buckles
- **Pain**—Significant pain immediately follows the injury but typically subsides in a few days
- **Swelling**—Your knee will likely become swollen within a few hours after the injury occurs

## What to do after an ACL tear

Following an ACL injury, a medical professional specializing in musculoskeletal injuries (physical therapists and sports medicine physicians) can perform tests to identify an ACL tear. An MRI can be ordered to confirm an ACL tear and assess any other injuries within the knee joint. Surgery is based on your activity level, the level of instability, and the degree of injuries to other structures within the knee joint. Some surgeons may also prescribe a knee brace to wear.

## Can I play sports again?

Yes, with physical therapy most uncomplicated ACL injured individuals return to playing sports within 1 year after tearing their ACL.



## What can UD PT do for me?

The University of Delaware Physical Therapy Clinic has developed and become experts at utilizing a screening process to identify patients who can return to playing sports without surgery for the short-term. We are national leaders in ACL rehabilitation before and after knee surgery. Prior to knee surgery we will help decrease your pain and swelling, regain your range of motion, and strengthen your leg so you can have a more positive outcome after surgery. After knee surgery we will work on strength, range of motion, and decreasing pain and swelling to help you return to your pre-injury activity level. Some patients may be candidates for non-operative management and will participate in our perturbation training program. Patients will re-train their muscles to appropriately react and stabilize their knee.

Call today to schedule an appointment. We are on campus and open to the public!

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