

# LIGAMENT INJURY TREATMENT

ACL  
MCL  
LCL

## A Helpful Infographic for Ligament Injury Rehabilitation at Bodylogics

- The ligaments of the knee are stabilising structures inside the knee joint.
- Ligament injuries can either be partial tears or complete tears.
- Ligament injuries do not only occur in adults, children can also suffer too.
- Women have almost 2x greater risk of ligament injury than men. Research suggests this is likely due to many factors which are both within and outside their control.
- Ligament injuries often occur in sports which require contact and quick changes of direction, such as football, basketball, gymnastics and rugby.
- Most injuries actually occur from a players own movement such as awkward landing, jumping or changes of direction.

## Symptoms and Diagnosis

- Identification of the injury is often associated with a pop or crack in the knee, followed very quickly by swelling in the knee (usually within 2 hours).
- MRI is often the best method to diagnose an ACL injury. This will also help determine whether there is any meniscus or concurrent damage alongside it.

## Treatment Options

- Contrary to popular belief, not all ACL injuries require surgery.
- One high quality study showed equal long term outcomes when comparing those who had surgery against those who opted not to.
- Regardless of your choice, you will have better outcomes with supervised, high quality rehabilitation that takes place at least 3-5 times per week.

# Rehabilitation

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- If you have ligament reconstruction, it is important that you commit to at least 9 months of high-quality rehabilitation before returning to sport.
- Rehabilitation needs to be progressed appropriately and cannot involve just lifting weights and expecting to recover. It requires a specific understanding of the demands placed on muscle groups and areas.

## Bodylogics Health and Fitness Clinic

# Rehabilitation at Bodylogics

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You can expect your rehabilitation to consist of;

- Pre-operative rehabilitation
- Cryotherapy
- Strength training
- Neuromuscular training
- Electro-stimulation
- Functional performance
- Motor learning strategies

# Return to Sport

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- The decision to return to sport is a complex one and requires many considerations between yourself and your healthcare specialist.
- Passing physical and psychological tests does not mean you will not re-injure your ligaments again
- Factors that may result in reduced chances of injury include completing all of your rehab, waiting at least 9 months before returning to sport, passing all the tests set by your healthcare specialist and having similar muscle strengths in certain muscle groups.
- We have a number of return to sport criteria that we expect you to meet before we will confidently discharge you for your return to sport. We want your time well spent and not just a case of going through the motions.

# Long Term Prognosis

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- The majority of people who have ligament reconstruction are able to return to some form of sport.
- However, only approximately 65% will return to the same level of sport they were previously at.
- You have a better chance of returning to sport if you are male, younger and have a good level of fitness and access to good rehabilitation.
- Your chances of re-injury are much higher if you return to high risk sport – with 25% of all under 25 year olds re-injuring their ligament injury.
- Unfortunately the knee is likely to experience some degree of Osteo-Arthritis changes within 10 years following ligament injury regardless of your treatment choice.

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