

ACL INJURIES

A PARENT'S GUIDE TO SIGNS, SYMPTOMS, TREATMENT & PREVENTION

An ACL injury is the over-stretching or tearing of the anterior cruciate ligament (ACL) in the knee. A tear may be partial or complete.

CAUSES

ACL tears may be due to contact or noncontact injuries. A blow to the side of the knee, which can occur during a football tackle, may result in an ACL tear. Coming to a quick stop, combined with a direction change while running, pivoting, landing from a jump, or overextending the knee joint (called hyperextension), also can cause injury to the ACL. Basketball, football, soccer, and skiing are sports which have a high rate of ACL tears.

SYMPTOMS

- A “popping” sensation or sound at the time of injury
- Knee swelling, within 6 hours of injury, especially into the calf



- Pain when putting weight on the injured leg
- Those who have an ACL injury may notice that the knee feels unstable or seems to “give way” when walking on

FIRST AID

- Take weight off of the injured limb
- Elevate the joint (above the level of the heart)
- Ice
- Pain relievers such as nonsteroidal anti-inflammatory drugs (like ibuprofen)

DO NOT play again until you have been evaluated and treated. Some people may need crutches to walk until the swelling and pain have improved. For mild injuries, your doctor may suggest physical therapy in combination with a brace to help you regain joint motion and leg strength. For more severe injuries your doctor may recommend surgery to reconstruct the ACL. The typical recovery timeframe is around 6 months.

DO NOTS

- In the case of a serious knee injury, do NOT try to move the joint. Use a splint to keep the knee straight until a trained medical professional has evaluated it.
- Do NOT return to play until you have been evaluated and treated.

WHEN TO CONTACT A MEDICAL PROFESSIONAL:

Anyone with a serious knee injury should seek medical attention for x-rays and evaluation. If the foot is cool and blue after a knee injury, the knee may be dislocated, and blood vessels to the foot may be injured. This is a true medical emergency that requires immediate professional help.

LOCATIONS CLOSE TO HOME

SSM HEALTH CARDINAL GLENNON CHILDREN'S HOSPITAL PEDIATRICIANS AND PEDIATRIC SPECIALISTS SEE PATIENTS AT CONVENIENT LOCATIONS IN MISSOURI AND ILLINOIS:

- 1** Pediatric Emergency Room/
Pediatric Specialists
**SSM Health Cardinal Glennon
Children's Hospital**
1465 South Grand Blvd.
St. Louis, MO 63104
- 2** Pediatric Emergency Room/
Pediatric Specialists
SSM Health St. Joseph Hospital
Koenig Building
400 Medical Plaza, Ste. 220
Lake St. Louis, MO 63367
- 3** Pediatric Emergency Room
SSM Health St. Joseph Hospital
300 First Capitol Drive
St. Charles, MO 63301
- 4** Pediatric Emergency Room
SSM Health DePaul Hospital
12303 DePaul Drive
St. Louis, MO 63044
- 5** Pediatric Specialists
St. Luke's Hospital
224 S. Woods Mill Road,
Ste. 640, South Medical Building
Chesterfield, MO 63017



- 6** Pediatric Emergency Room
SSM Health St. Clare Hospital
1015 Bowles Avenue
Fenton, MO 63026
- 7** Pediatric Emergency Room/
Pediatric Specialists
Anderson Hospital
2133 Vadalabene Drive, Ste. 6
Maryville, IL 62062
- 8** Pediatric Specialist
South County Sub Specialty Site
12700 South Fork Road, Ste. 155
St. Louis, MO 63128

SSM HEALTH CARDINAL GLENNON SPORTSCARE

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes. By working with multiple specialists and care partners, we guarantee your child will get the top care that is best suited to treat their unique injury, improving recovery time and outcome.

Specialists your child has access to through SSM Health Cardinal Glennon SportsCare include orthopedists, pulmonologists, cardiologists, radiologists, neurologists, emergency medicine physicians, adolescent medicine physicians, rehabilitation specialists, physical therapists, nutritionists and pediatric psychologists.




Partners your child has access to through SSM Health Cardinal Glennon SportsCare include SSM Health Cardinal Glennon Children's Hospital, SSM Health

Orthopedics, SSM Physical Therapy and SLUCare Physician Group of Saint Louis University. We also keep kids in the game through educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at cardinalglennon.com/sportscare.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital and SSM Health emergency medicine specialists, **24 hours a day in the ER** at: SSM Health DePaul Hospital, SSM Health St. Clare Hospital, SSM Health St. Joseph Hospital - Lake Saint Louis, SSM Health St. Joseph Hospital - St. Charles.



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