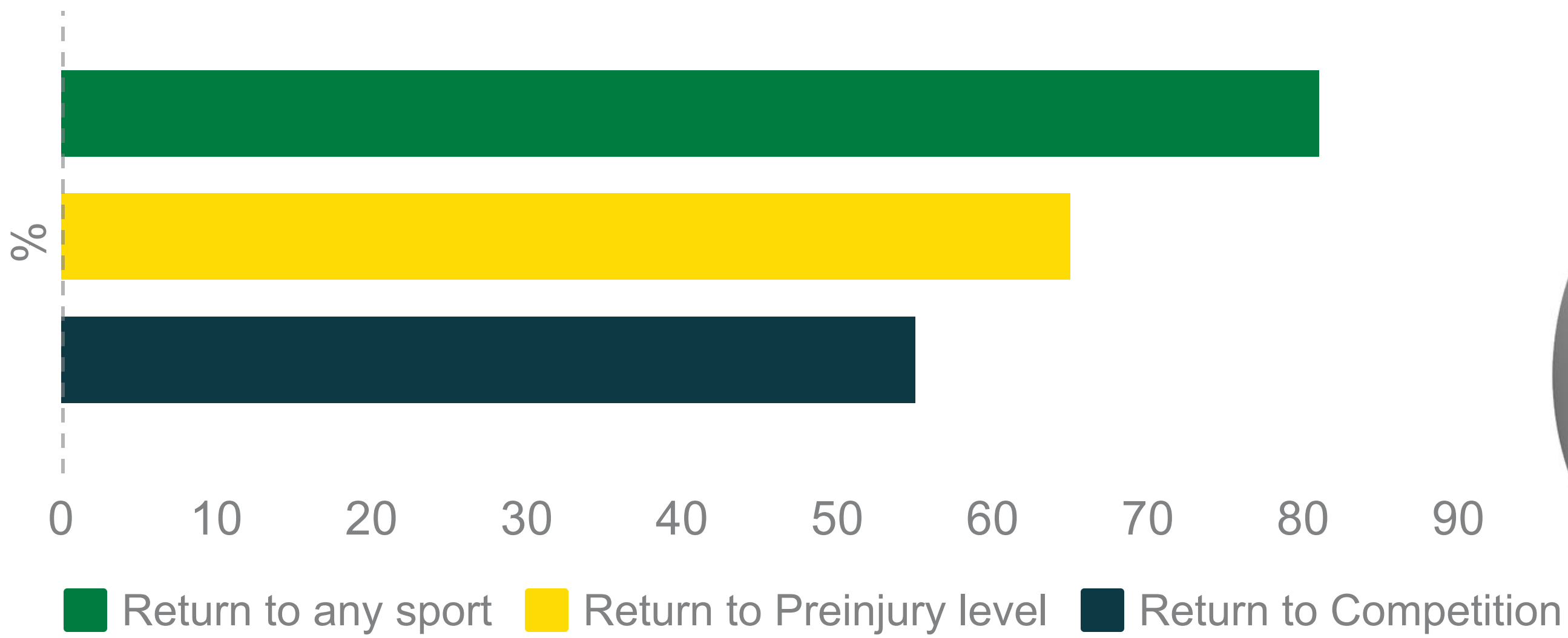


KNEE ACL



Is anterior cruciate ligament (ACL) surgery the answer?

% Return to Sport (RTS) post ACL Surgery

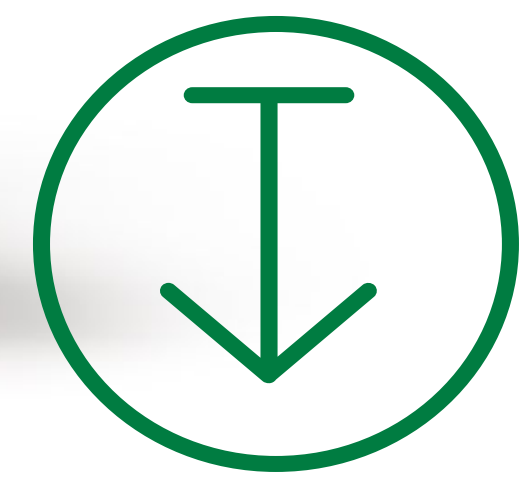
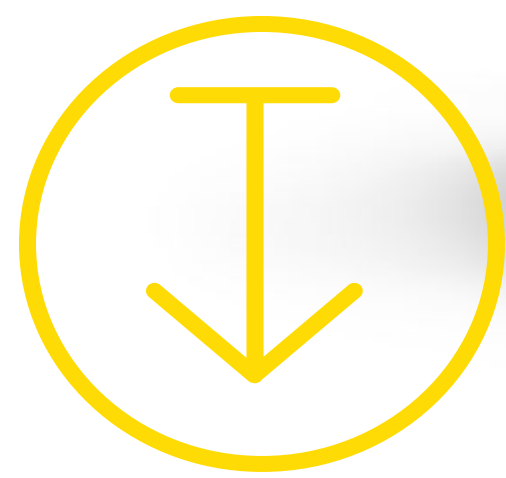
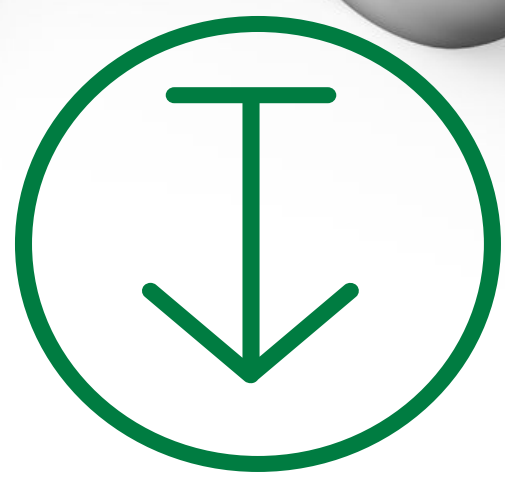
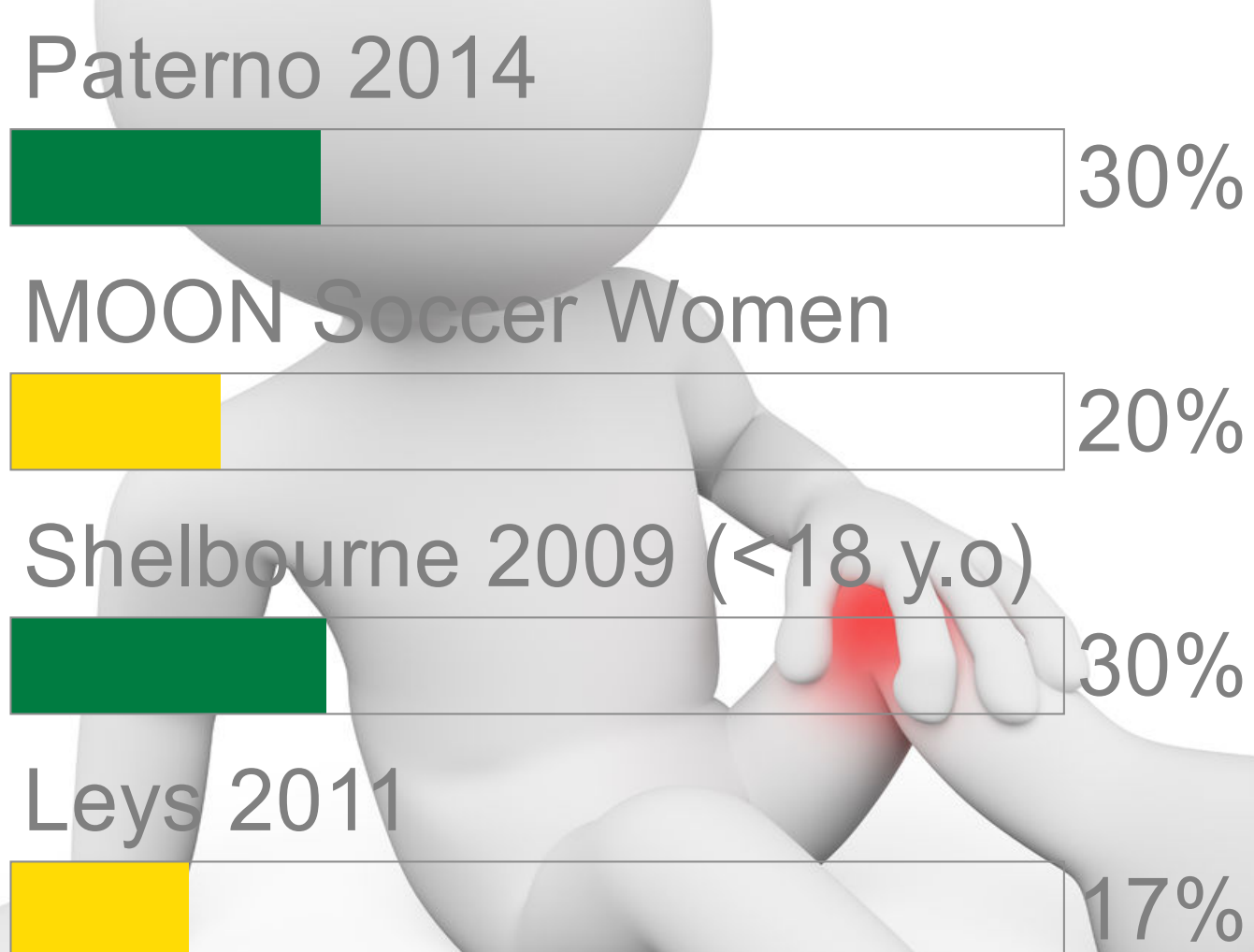


81% will return to some form of sport post surgery

about only 2/3 will return back to playing the same level before their injury

about only 50% will return back to competition

Rate of Reinjury after Surgery



possibly 1/5 (20%) chance of re-injuring either knee (more likely your non-surgical knee) upon return

having ACL surgery does not mean you will return back to your sport successfully

most likely other factors that need to be address (psychological, fitness, movement mechanics etc.)

Tips:

Don't RUSH back too quickly!

Do your physio program!

Set realistic goals

Focus on mental health

Aim for long term knee health

NEW MINDSET FOR NEW RESULT

ASK YOUR PHYSIO IF THE F.A.S.T. KNEE PROGRAM IS RIGHT FOR YOU TO HELP ACHIEVE YOUR GOALS!