

HAWTHORN PHYSIOTHERAPY CLINIC

TEST

Movement patterns

EVALUATE

Via slow motion video

ACT

Provide specific exercises

RE-EVALUATE

Reassess

SUCCESS

Minimise the risk of injury

PREVENT ACL TEARS PROGRAM

TEARS is a program specifically targeted at young athletes (including school aged, casual or competitive) to help reduce the risk of ACL injury in this demographic.

- A one on one physio consultation to analyse your movement and assess risk of injury. This involves a detailed assessment including slow motion filming of a series of movements.
- A tailored and detailed exercise program targeting ACL injury prevention is formulated.
- Collaboration with your sporting clubs to integrate preventative exercises into their ongoing training.
- Ongoing monitoring to ensure success.

If you have any questions please don't hesitate to contact the Clinic to discuss the program with one of our physios.

KNOW THE FACTS

Over the last 15 years the rate of ACL reconstructions has increased by 74% in those under the age of 25 years. In 2014-2015 the highest rates of ACL reconstruction for males was in the 20-24 years age group and 15-19 years for females. However, the greatest increase has been in the 5-14 years age group across both genders, showing that while the older age groups are at highest risk, adolescent injuries are certainly on the rise. (Zbrojkiewicz, Vertullo and Grayson, 2018)

WHAT IS CAUSING THIS IN OUR YOUNGER POPULATION?

- Increased participation in competitive sport at younger ages and year-round training programmes
- Sports specialisation at early ages and encouragement by parents, teams and schools to compete at higher levels
- High participation in sports that involve pivoting and change of direction at speed, such as AFL, netball, basketball and soccer, especially in females.
- Females are 5-6 times more likely to suffer a knee injury than males.
- In girls, there is also a decrease in neuro-muscular control as they transition through puberty, which increases their risk.

WHY IS IT SO CONCERNING?

ACL injuries are a huge burden on the patient and very disruptive to their daily life. It takes a minimum of 12 months intensive rehabilitation for the athlete to fully return to sport, with the possibility of ongoing restrictions to their playing ability and participation. There are also long-term consequences on knee health, and in those who have suffered a knee injury, there is a higher incidence of osteoarthritis in later life.

With a growing incidence in our younger population, it is likely that we will see more and more ACL injuries (and related complications) in school-aged and adolescent athletes.