

Mayo Clinic Minute: ACL tears — when is surgery the answer

Video	Audio	
	The anterior cruciate ligament, or ACL, is one of four main ligaments in your knee. It connects your femur to your tibia.	
Cedric Ortiguera, M.D. Orthopedic Surgery Mayo Clinic	"You can tear your ACL a number of different ways, but typically, the most common way to tear it is from what we call a noncontact injury. You could be just simply running and trying to change direction or suddenly trying to slow down or stop."	
	Treatment depends on the person. Physical therapy and bracing might work well for a person who is older and not involved in high-demand sports.	
	"If you're younger and more active, and you participate in sports like basketball, volleyball, football, then most likely you're going to benefit from having a surgery."	
	The goal of surgery is to rebuild or reconstruct the ligament.	
	"Typically, in a younger athlete, we're going to use a piece of tendon or ligament from their own body, which tends to heal faster and stronger. But in lower-demand athletes, we occasionally take that tendon from a cadaver or someone that donates their tissue."	
	Dr. Ortiguera says ACL reconstruction allows many athletes to get back on their feet and be active. His advice to stay that way.	
	"You need to stay in shape. Keep your weight down."	
	For the Mayo Clinic News Network, I'm Joel Streed.	