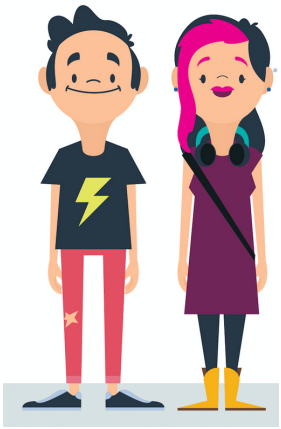


ACL INJURY RISK IN ATHLETES WITH SPECIAL CONSIDERATION TO DIFFERENT AGE GROUPS



OVERALL RISK OF 1ST ACL INJURY

1 out of 29 females suffer an ACL injury
1 out of 50 males suffer an ACL injury
The risk of ACL injury is **1.5x greater** for females
Per season, ACL injury is **1.7x higher** in females

Adolescents have a **0.6%** risk of ACL injury

RETURN TO SPORTS AFTER ACL SURGERY

Overall, **81%** return to some form of sport; **65%** to pre-injury level of pivoting sports and **55%** to competitive level sport.

For athletes aged 19 or under:

92% return to some form of sport; **79%** return to pre-injury level and **81%** return to competitive sports



RISK OF 2ND ACL INJURY AFTER SURGERY

Overall risk is **15%:**
7% graft rupture, **8%** contralateral ACL injury

For athletes aged 25 or under:
Overall risk is **21%** while the incidence for those returning to high-risk sport is **23%**



For athletes aged 19 or under:
13% rupture the ACL graft while **14%** rupture the contralateral ACL
i.e. **30-40x** greater risk of ACL injury compared with uninjured adolescents.

OPTIONS TO MINIMISE RISK OF ACL INJURY

Injury prevention programmes decrease the risk of ACL injury, particularly in females

Ensure appropriate return to sport criteria have been completed after ACL surgery.

Consider a change of sport?



REFERENCES:

Ardern et al 2014 BJSM doi: 10.1136/bjsports-2013-093398
Benjaminse et al 2018 BJSM doi:10.1136/bjsports-2017-098502
Kay et al 2018 KSSTA doi: 10.1007/s00167-018-4830-9
Montalvo et al 2018 BJSM doi: 10.1136/bjsports-2016-096274
Wiggins et al 2106 AJSM doi: 10.1177/0363546515621554

