

ACLR

RETURN TO SPORT

RISK FOR RE-INJURY

Risk Factors for Re-Injury:



Play soccer, football, basketball, gymnastics, or other cutting and pivoting sports



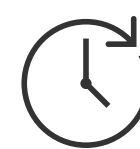
Family member with ACL injury



Poor hip and knee control with return to sport tests



Younger than 25 years old



Returning to sport before 12 months post surgery



Female gender > Male gender



Decreased confidence or fear of re-rupture



Previous ACL surgery

Your personal risk profile is based on the above risk factors that are relevant to you at this point in your recovery. Your physiotherapist/surgeon will review these factors and place you on the risk scale for ACLR re-injury. All athletes should complete a full ACL Protocol with emphasis on sport-specific training from 9-12 months after surgery.