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Nota di contenuto	Cover Page; About the Authors; Introduction; Basic Knee Anatomy; What Happens to a Knee When the ACL is Torn?; Choosing an Orthopaedic Surgeon in the U.S.; The Knee Examination: How ACL Tears and Other Problems Are Diagnosed; What is the Difference Between a Partial and a Complete ACL Tear?; How to Treat Partial ACL Tears; Treatment Options for Complete ACL Tears; What Happens if Other Parts of the Knee are Damaged?; What Can Be Done for Chronic (Long-Term) ACL Tears; Loss of Muscle Strength (Atrophy); Loss of Meniscus Tissue; Damage to Articular Cartilage: Arthritis Leg Malalignment (Varus, Valgus)Tears to Other Ligaments in the Knee; Knee Cap Problems; ACL Tears in Children and Teenagers; So You Have Decided to Have Surgery...; Types of ACL Surgery; Autografts; Allografts; Synthetic Grafts, Extra-articular Procedures, Thermal Shrinkage; Single ACL Graft Vs. Double-Bundle ACL Graft; Special Cases: ACL Revision Surgery and Multiple Ligament Surgery; Complications of ACL Surgery; How to Prepare for Your ACL Surgery; Getting Your House Ready; Food and Medications; Practice the Exercises You Will Do After Surgery; Mental Preparation; The Night Before Surgery

The Day of Surgery
Prevention of Blood Clots in the Legs (Deep Venous Thrombosis); What to Expect and Do the First Week After Surgery; Exercises; Ankle Pumps; Quadriceps Isometrics; Knee Range of Motion; Patellar Mobilization; Straight Leg Raise: Hip Flexion; Straight Leg Raise: Hip Extension; Straight Leg Raise: Hip Abduction; Straight Leg Raise: Hip Adduction; Mini-squats; Wall Sits; Weight Shifting; Hamstrings Stretch; Calf Stretch; Frequently Asked Questions; For Further Information; Acronyms and References; Appendix 1. Surgical Details: Patellar Tendon Autograft Harvest
Appendix 2. Surgical Details: Hamstring (STG) Autograft Harvest
Appendix 3. Surgical Details: Quadriceps Tendon Autograft Harvest; Appendix 4. Surgical Details: Identification, Placement of ACL Tunnels in Tibia, Femur; Appendix 5. Surgical Details: Graft Passage in Tunnels, Conditioning, Fixation

Sommario/riassunto

An ACL tear is a common but serious knee injury. The decision of how to treat this injury is not an easy one. It requires understanding the damage in the knee, the treatment options available, and what to expect from these options. Whether you are active in sports or work in a job that requires a strong, stable knee, an ACL tear may have devastating consequences. Two medical professionals have written this eBook to help patients deal with this injury. Dr. Frank Noyes, an internationally renowned orthopaedic surgeon, and Sue Barber-Westin, Director of Clinical Research at the Cincinnati SportsM
