

## **ACL injury rehabilitation program**

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The numbers of people playing team sport, such as football, futsal, basketball or other sports, are incredibly increasing as people are more concerned in healthy life style. The internal and or external condition and other issues are all playing important role in how injury might happen to a person. One of the common injuries in sport activities involving the knee is tearing of anterior cruciate ligament (ACL). It can be a truly devastating condition to an athlete's career in sports or a simple disability for recreational athlete as well. The goal of managing an injury is to return to the sport. It is quite a simple goal, but takes so many things to be concerned of and managed well from the beginning of an injury, how and when the injury is treated until the whole rehabilitation process completed.

A successful program will prepare the person that undergo the surgery of an ACL tear and finish the rehabilitation process, to be able to return to his or her previous sporting activities.

## **Biography**

## **Notes:**