

ACL Injuries are the Most Brutal Injuries

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According to Hopkins Medicine, “About 88,000 children ages 5 to 14 were treated in hospital emergency rooms for soccer-related injuries.” Soccer is one of the most popular sports played and watched worldwide but it is also one of the most common sports to get injured in. While so many children play this sport regularly around the world this comes with the many risks of getting hurt. Anterior Cruciate Ligament (ACL) tears are one of the most common injuries in soccer and one of the most painful while also being one of the hardest to recover from.

ACL injuries can be caused in many different ways and most of the time they’re non-contact injuries this is why these injuries are so common. These are one of the most common soccer related injuries because there are so many ways you can tear it. HSS says, “Typical movements in soccer can cause stress on an ACL. Contact and non-contact with another player. Anatomy of a player”. Research has determined that these three examples are the main leading causes of ACL related injuries.

Beaumont.org states, “There are approximately 100,000 to 200,000 ACL ruptures per year in the United States alone”. This number is growing every year and researchers are struggling to find

ways to prevent it from happening. Many say to grow muscle, work on stability, train more, but this is not always the reason this important ligament is ruptured.

After that come the topic of the recovery process of this injury. NC speciality.com says, “Most patients begin walking and participate in physical therapy immediately, but full recovery and a return to play without restrictions takes between 6 and 12 months”. These surgeries are very invasive and require doctors to remove a graft from another ligament or muscle in your body or a donor needs to be present in order to get a graft. In the recovery process it is necessary for the person to be patient with this operation because trying to rush the recovery process can lead to further damage or make the overall injury worse.

ACL surgeries are known for their long and painful recoveries. While ACL surgeries are very painful there are plenty of medicines they give you to help tolerate the pain. Some doctors recommend Oxycodone at very minimal doses to help tolerate the intense pain. Oxycodone is known to be very addictive so doctors are required by law to only provide this drug in small doses. Ibuprofen and Tylenol are also recommended as needed for the pain once off of the Oxycodone. Lastly, Aspirin is a very common medication recommended by doctors. This is because Aspirin is a blood thinner and after your surgery there is always a possibility of blood clots so Aspirin is used as a way to help body aches and prevent blood clots.

To conclude, the results of ACL surgeries are to better someone but the probability of one re-tearing it again is very high and having to go through this long process results me to conclude that ACL reconstruction is the worst injury to acquire.



This picture was taken by me at the start of my recovery in October of 2022.