

## **PATIENT EDUCATION:**

### **TOP KNEE INJURIES FOR ATHLETES**

#### **Top Knee Injuries for Athletes**

Did you know that the knee is the most commonly treated area for sport injuries? The knee is a complex area susceptible to many different kinds of damage, as most of us have seen in our daily lives and professional sports alike. Let's take a look at some of the most common knee injuries seen in athletes.

#### **Top 5 Common Knee Injuries**

**1. ACL Injury.**

Tears in the ACL can be caused by a rapid change in direction, landing from a jump, or slowing down after running. Athletes most susceptible to an ACL injury include basketball players, skiers, and any athletes who wear cleats for their sports.

**2. Runner's Knee.**

This is a more general term, also known as chondromalacia patellae, to describe a common knee injury among active runners. It causes knee pain that is exacerbated when the joint is bent, and which may be caused by repetitive stress on the knee.

**3. MCL Injury.**

Damage to the MCL typically occurs with a hard hit to the outside of the knee. Athletes who have a high risk of an MCL injury are those who play contact sports like football and soccer.

**4. PCL Injury.**

Injuries to the PCL occur with a direct hit to the front of the knee. They may also occur after an athlete makes a simple misstep while playing.

**5. Torn Cartilage.**

Typically, torn cartilage refers to a torn meniscus, which is the cartilage attached to the knees

ligaments that absorbs shock to the joint. Direct contact is often involved in tearing the meniscus, like getting tackled on the field. Other causes may include cutting, decelerating, pivoting, or twisting.

Treatment for these injuries varies depending on what was damaged, to what extent the damage goes, and many other factors. Individual treatment plans may include simple R.I.C.E. (rest, ice, compression, and elevation), physical therapy, surgery, or more. If you feel any pain, notice any swelling, begin limping, or experience any injuries at the joint, be sure to contact a board certified professional right away.

### **Orthopedic Surgeons in Hackensack, Emerson, Elmwood Park and Montclair**

For more information, contact Active Orthopedics and Sports Medicine with offices throughout Bergen and Essex Counties to schedule an appointment today. We can be reached at 1-844-ACTIVE-ORTHO for 24-hour emergency care.