

Experts at the ACL Specialty Clinic Take You From Diagnosis to Recovery

You hear a pop in your knee as you pivot or stop fast. Your knee swells. It is painful to bear weight. Maybe you are limping, or your knee is unstable. For an athlete or anyone who is active, injuring the ACL - whether a sprain, partial tear, or full rupture - can be devastating. When can you return to sport? And will your skill and ability be the same when you do?

Complete recovery and return to play after an ACL injury typically takes 8 to 12 months. The exact time depends upon factors such as individual assessment, including physical examination and measurement of strength, balance, agility, power and psychological readiness. [The ACL Specialty Clinic](#) offers benefits which help patients get there as soon and safely possible.

With a multidisciplinary team of sports medicine experts including top ACL sports medicine surgeons and physicians, [Bruce Levy, MD](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#), says that at the ACL Specialty Clinic, “we all work together to help patients get back to the same level they were at before their injury... after doing research on complex knee surgeries for more than 30 years, we can provide patients with a very good idea of their expected outcomes.”

The ACL, or anterior cruciate ligament, is a major ligament in the knee, one of the strong bands of tissue that help connect your thigh bone (femur) to your shinbone (tibia). [ACL injuries](#) such as a partial or complete tear, sprain, or complete rupture most commonly occur during sports that involve sudden stops or changes in direction, jumping and landing, including soccer, basketball, football and downhill skiing. Associated injuries to the ACL may accompany it, such as [meniscus tears](#) and other [knee injuries to the ligaments or cartilage](#).

Whether for an injury to the ACL alone or a combined injury involving the meniscus or knee cartilage or ligaments, the [ACL Specialty Clinic](#) at Mayo Clinic Orthopedics and Sports Medicine offers numerous benefits for every stage of the ACL journey – from prevention to diagnosis and treatment, to rehab and recovery.

Experts in their field

With [the ACL Specialty Clinic](#), patients have the benefit of working with world-renowned ACL surgeons, a number of whom have both developed many of the proven surgical techniques used in ACL reconstruction and studied and reported on a variety of ACL reconstruction techniques including optimal approaches to multi-ligament knee reconstruction. Several Mayo Clinic orthopedic surgeons are also members of the Multicenter ACL Revision Study (MARS) Group.

In addition to surgeons, the team includes top sports medicine physicians, physical therapists, athletic trainers, and performance coaches. The experience and training these experts bring allows for a comprehensive effort to help patients return to sport or activity as soon and safely as possible.

The right diagnosis, the first time

While an ACL tear can occur without other damage around the knee, it is often associated with additional injuries to the knee joint that may affect the meniscus, cartilage, or other ligaments. Sometimes, injuries such as a meniscus tear or cartilage injury can either mask, or present similar to, an ACL tear. Therefore, it is important to get the diagnosis correct the first time; not doing so can cause further damage.

At Mayo's [ACL Specialty Clinic](#), patients are diagnosed by top sports medicine physicians who are experts in diagnosing and treating simple and complex knee problems. Such a complete diagnosis includes detailed history, focused physical examination, and imaging. All other injured anatomic structures, including ligaments, menisci, subchondral bone and articular cartilage, are identified as well.

[Kelechi Okoroha, M.D.](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#), says at the ACL Specialty Clinic one area of expertise is just that – “diagnosing the associated abnormalities and making sure we get the treatment right,” as this information is critical to getting the right diagnosis the first time so the patient can start on the journey to return to play as soon and safely as possible. “We talk to our patients about their diagnosis,” Dr. Okoroha says, “letting them know it’s going to be okay, and that following treatment, they are going to be able to return full-force.”

Coordinated and comprehensive care plan, from prevention to recovery

Patients with an [ACL injury or concern](#), whether simple or complex, will benefit from the team approach of a multidisciplinary team of experts at the [ACL Specialty Clinic](#) who provide support for all stages of the journey, from prevention through to recovery. Each member of the team plays a role in individualized care, working together to create a plan tailored to each patient’s needs.

Patients also have the added benefit of access to any medical specialty that may be needed. “For example,” Dr. Levy says, “if you also injure one or more of the nerves around the knee, Mayo Clinic's dedicated peripheral nerve surgeons are expert at repairing nerve injuries. If you injure the knee and tear the vessel or the blood supply to the leg, it requires the expertise of a vascular surgeon to restore blood flow to that leg.”

“Every tear is different,” Dr. Okohora says, “and no two tears are identical;” as such, the Specialty Clinic creates the best plan for each individual’s needs and situation. Treatment for some patients may include [ACL reconstruction surgery](#) with bone graft or autograft, ACL or meniscus repair, and ACL revision. Surgery is then always followed by post-surgery care and rehab with physical therapists. Others’ treatment may include non-surgical options such as physical therapy, activity modification, or bracing. Whatever the ACL issue, the [ACL Specialty Clinic care team](#) works together to determine the best option to facilitate patients’ return-to-sport or other activities as soon and safely as possible.

Whether a patient is looking to [prevent an ACL injury](#), or knows or suspects they have [injured their ACL](#), seeking diagnosis and treatment right away is crucial. “When the ACL is ruptured,” Dr. Okohora explains, “the knee becomes unstable, and if you continue to play sports, you can have further injuries that were not present at the time of your first injury.” The Specialty Clinic’s team of experts does its best to make sure that doesn’t happen.

Make an appointment and explore the benefits of working with world-class ACL sports medicine surgeons and experts at one of our ACL Specialty Clinics in [Rochester](#), MN or [Minneapolis](#), MN. With the Mayo Clinic Orthopedics and Sports Medicine experts, you’ll get the right diagnosis and treatment plan, the first time.

Newsletter and Social Media Headlines and CTA’s

Primary:

Headline:

ACL Specialty Clinic: Helping You Get Back to Sport

Blurb:

Suffering an ACL injury can be devastating. When can you return to sport? Will your skill and ability be the same? The ACL Specialty Clinic offers the benefit of world class physicians, a team approach, and a comprehensive care plan from prevention and diagnosis through to treatment and recovery.

CTA:

Learn how the ACL Specialty Clinic can help you get back to full force

Secondary:

Headline:

Sidelined with an ACL injury? Specialty Clinic Helps You Return to Sport

Blurb:

Experts at the ACL Specialty Clinic provide whatever you need for every stage of your ACL journey – from prevention to diagnosis and treatment, to rehab and recovery.

Button:

Find out how