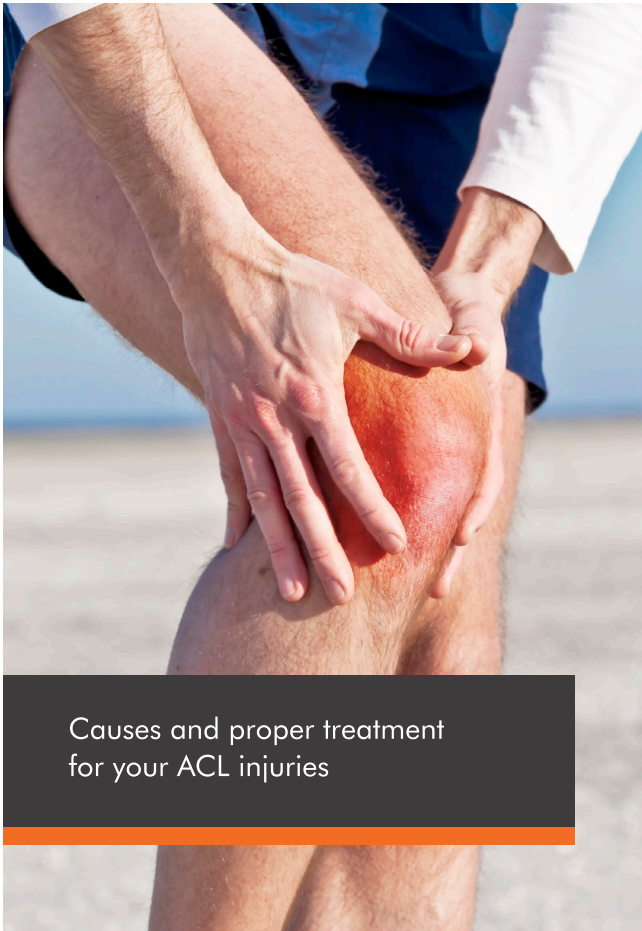


## ACL INJURIES

What brace is right for me?



Causes and proper treatment  
for your ACL injuries

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## The Kintec Approach

*We're committed to your recovery*

At Kintec, we know the latest technology and highly skilled staff are not enough to help you enjoy the health you deserve. That's why we take the time to understand and analyze your personal foot care needs—from prescription orthotics to gait analysis, sports and injury braces to fitted footwear—ensuring you receive the best care possible.

Most importantly, we believe in empowering you, our customer, with the knowledge you need to actively participate in your own health. You can feel good trusting your foot care to us. Because at Kintec, we know feet.

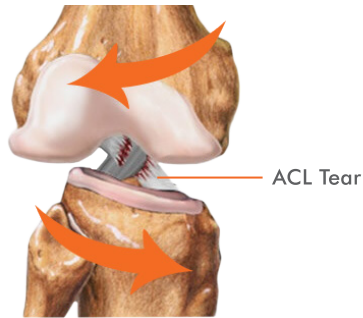
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## ANATOMY & MECHANISM OF INJURY

The ACL is a knee stabilizing ligament that connects the tibia (shin bone) to the femur (thigh bone). Its role is to prevent the tibia from rotating inwards excessively while shifting forward. When the ACL is torn, the knee can be painful and may feel loose or “wobbly”. While the ACL is sometimes injured from direct contact to the leg, most ACL tears are considered non-contact injuries. The most frequent causes of ACL tears occur after you plant your foot to change direction wearing cleats, or when your ski catches the snow during a fall.



### There are varying degrees of an ACL injury:

- ▶ **Grade 1:** Stretched ligament
- ▶ **Grade 2:** Partially torn ligament
- ▶ **Grade 3:** Fully torn ligament

The degree of injury and other factors, such as age and activity level, can determine whether surgical reconstruction is an option.

## TREATMENTS

Strengthening and rehabilitation exercises under the guide of a licensed physiotherapist should be the first step after experiencing an ACL tear.



It is important to maintain strength in the legs and hips and work towards regaining full range of motion of the knee. Some activities are generally considered safer for an ACL-deficient knee than others. Consult your physiotherapist or sports medicine specialist on which activities are right for you.

You may also be recommended to use mechanical treatments, such as cryotherapy or muscle stimulators. These are devices that can be applied during a physiotherapy session or at home to reduce swelling and help muscles recover from the intensity of physiotherapy.



Wearing a knee brace can be a helpful tool when rehabilitating the knee. There are many styles of ACL knee braces available, both custom and off-the-shelf. They are useful at all stages of recovery from ACL injury. When the injury is new, these braces can be worn during exercises to prevent further injury and maintain a safe range of motion. After surgery, braces may be worn to reduce the likelihood of re-injury. Knee braces are also often worn following surgery, or rehabilitation, to help restore confidence during return to sports, activities, and work.

## BRACING OPTIONS FOR ACL INJURIES

### ▶ **Knee sleeve:**

Designed to provide compression and awareness of knee position, but will not control the motion of the knee.



### ▶ **Hinged sleeve style brace:**

Designed to prevent some forward motion of the tibia but the lack of rigid frame makes the brace less effective, especially during high impact or high velocity sports and activities.



### ▶ **Hinged rigid frame brace:**

Designed to prevent all excessive forward motion of the tibia and to stabilize the knee from side to side. It can also restrict flexion and extension of the knee if required. This style of brace is often used to return back to sports, activities, and active occupations, with or without surgery.

