

# ACL INJURY RISK & PREVENTION



## Player & Parent Education

### What is an ACL?

The anterior cruciate ligament (ACL) is a key ligament inside the knee that helps stabilize it, especially during sudden stops, changes of direction, and when landing from jumps. A tear of the ACL often requires surgery and long rehabilitation, can sideline a player for many months, and raises risk for long-term knee problems if not prevented or treated properly.

### Who is at Higher Risk?

- Those in sports involving running, jumping, cutting, and pivoting
- Research has repeatedly shown higher ACL injury rates in girls and women in soccer
- Athletes with previous ACL injuries have a higher chance of re-injury if not guided through proper prevention and return-to-play programs

### ACL Injuries

Most ACL injuries happen without contact, typically during landing from a jump, sudden changes of direction, or sudden deceleration.

A player should be evaluated for an ACL injury if there is a pop or snapping sound, knee swelling, knee instability, inability to bear weight on the leg, and/or pain, stiffness, or limited motion at the knee.

### Player Removal / Return

If a player is suspected of a serious knee injury, such as an ACL tear, the player will be removed from play immediately. Parents/guardians will be notified of the injury. The player will need to be evaluated by a licensed health care provider and can't return to play until written medical clearance is provided by that clinician.

### Prevention

- Eclipse coaches are trained in ACL prevention to incorporate safe movements into their warm-ups and neuromuscular mechanics training
- Eclipse's schedule factors in load management to minimize overuse injuries
- Eclipse directors regularly review all club injuries, as well as changes in the science around prevention and treatment of ACL injuries

### Additional Information

[US Soccer ACL Injury Prevention](#)

[Mayo Clinic: ACL Injury](#)