Anterior Cruciate Ligament (ACL) Injury.

What is an Anterior Cruciate Ligament (ACL) Injury?

One of the most common injuries involving the knee joint is an anterior cruciate ligament tear. The anterior cruciate ligament, also called the ACL, is one of four ligaments that are critical to the stability of the knee joint. A ligament is a structure made of tough fibrous material and connects bone to a bone. There are over 250,000 ACL injuries per year in the United States.