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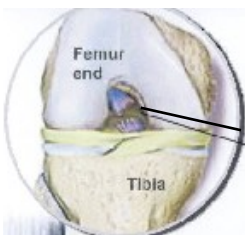
[www.drraulmarquez.com](http://www.drraulmarquez.com)

At OSC we continuously strive to strengthen our patient-physician relationship by educating our patients on the types of treatments and surgical services we offer. One sports-related injury we commonly treat is the Anterior Cruciate Ligament (ACL) tear. In this issue we'll provide information on what to expect when injury occurs and the procedure we use to treat it.

## ACL RECONSTRUCTION

When an ACL injury occurs, it's best to seek medical attention as soon as possible. Only a physician such as an Orthopedist or a sports medicine specialist can assess the knee injury and make a diagnosis of a torn ACL. An ACL tear usually occurs from an abrupt change in direction such as a sudden stop and twisting motion of the knee. Early symptoms of an ACL tear may include: snap or pop in the knee, instability that causes falling, swelling within minutes of the injury and severe pain.

After examining the mechanics of the knee, Dr. Marquez may order an x-ray to check the bone and/or an MRI to view the soft tissue. More often than not, reconstructive surgery will be required. The most effective and common procedure to repair an ACL tear uses an arthroscope. An arthroscopic ACL repair causes less trauma to the knee tissue. It involves borrowing healthy tissue from your kneecap, known as autograft, and using it to replace the torn ligament. The following illustrations demonstrate what an ACL reconstructive surgical process may be like.



**KNEE BEFORE RECONSTRUCTIVE SURGERY**

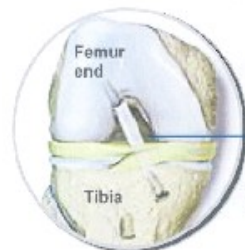
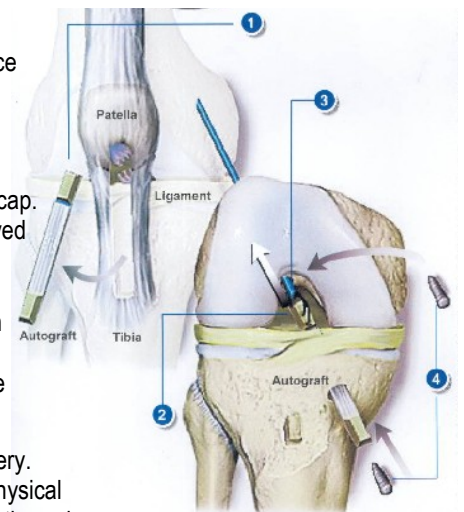
Torn Anterior Cruciate Ligament

A thin needle-shaped arthroscope, (optic telescope), is inserted into the joint through a tiny incision. This device transmits images to a monitor allowing Dr. Marquez to identify damaged area.

In the illustration to the right you can see the steps 1. the borrowed tissue is being removed from the kneecap.

Steps 2, 3 and 4 show how the damaged ACL is removed

and a pin is inserted diagonally from the tibia to the femur. Using the pin as a guide, Dr. Marquez will drill a hole through the bone. He will then attach the autograft to the guide pin pulling it through the holes and affixing it into place. After the autograft has been secured and any additional damage has been repaired, the arthroscope is removed, (5) the incisions are closed and the knee is flexed to test the new joint.



**KNEE AFTER RECONSTRUCTIVE SURGERY**

Knee viewed in an open position

The recovery process begins almost immediately after surgery. It is a team effort that involves you, Dr. Marquez, and our physical therapist. For an athlete, full recovery may take six months through an accelerated rehab program. For others it may take up to nine months.

## OBSERVED HOLIDAYS

## National Health Observances



### Staff

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