

## **Protect the Pivot: Avoiding ACL injuries**

OSF HealthCare Newsroom

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### **BROADCAST SCRIPT**

INTRO:

SUMMER SPORTS ARE RUNNING AT FULL SPEED – AND WITH THEM COME POTENTIALLY CAREER-CHANGING INJURIES.

**TAKE VO**

A TEAR OR SPRAIN OF THE A-C-L – IS ONE OF THE MORE COMMON KNEE INJURIES IN HIGH-DEMAND SPORTS LIKE FOOTBALL AND SOCCER. WHEN ATHLETES MAKE QUICK TURNS ON THE FIELD OR COURT – IT CAN CAUSE THE A-C-L TO TEAR.

DR. KEITH CORPUS IS AN ORTHOPEDIC SPORTS MEDICINE SURGEON WITH OSF HEALTHCARE. HE SAYS WHILE THE OUTPATIENT VISIT TO FIX YOUR A-C-L MAY ONLY TAKE ONE DAY... THE RECOVERY TIME IS MUCH LONGER.

**TAKE 13 SECOND SOT**

“It’s at least a 9 month recovery process to get you back to full sports. There’s protocol we progress through. We have to get your motion back then we have to get your strength back. Then we have to get you back running, which is normally around the 4 or 5 month time point.”

**VO TAG**

AFTER THIS – DR. CORPUS SAYS PATIENTS WILL USE CRUTCHES AND WEAR A BRACE TO PROTECT THE KNEE. NORMALLY – ATHLETES CAN BEGIN HIGHER-LEVEL ATHLETICS AGAIN AT THE 6<sup>TH</sup> MONTH POINT – AND THEN THE FULL RETURN TO SPORTS... AT THE EARLIEST... IS 9 MONTHS.

**VO/SOT #2**

SUMMER SPORTS ARE RUNNING FULL SPEED AHEAD – AND WITH THEM COMES POTENTIALLY CAREER-CHANGING INJURIES.

**TAKE VO**

A TEAR OR SPRAIN OF THE A-C-L – IS ONE OF THE MORE COMMON KNEE INJURIES IN HIGH-DEMAND SPORTS LIKE FOOTBALL AND SOCCER.

OFTENTIMES – THESE INJURIES LEAD TO SURGERY – WHICH KEEP ATHLETES AWAY FROM PLAYING SPORTS FOR AROUND 9 MONTHS.

DR. KEITH CORPUS IS AN ORTHOPEDIC SPORTS MEDICINE SURGEON WITH OSF HEALTHCARE. HE SAYS THESE INJURIES HAPPEN A LOT WHEN ATHLETES MAKE SHARP CHANGES IN DIRECTION. HIS ADVICE TO

ATHLETES – IS TO TAKE THEIR TIME WHEN IT COMES TO GOING FULL SPEED AT THEIR SPORT. ESPECIALLY IF THEY'RE TRANSITIONING FROM ONE SEASON TO ANOTHER.

### TAKE 15 SECOND SOT

“Work up into things. If you're transitioning from one sport to another, or if you've been inactive for the winter and now you're ramping up into things, make sure you're doing so in a slow and deliberate manner,” Dr. Corpus says.

### VO TAG

IN YOUNG ATHLETES – DR. CORPUS SAYS THE A-C-L ALMOST ALWAYS HAS TO BE FIXED. NOT ONLY DOES THIS GET THE ATHLETE BACK ON THE PLAYING FIELD – BUT IT CAN HELP PREVENT THINGS DOWN THE LINE LIKE LONG-TERM INSTABILITY.