



**SPORTS MEDICINE EMERGENCIES, FOCUS ON ACUTE AND LONG-TERM  
MANAGEMENT OF ANTERIOR CRUCIATE LIGAMENT INJURY**

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Australia has the highest rate of surgical reconstructions of ACL in the world. ACL injuries are particularly common in Rugby and Football. They may lead to long-term disability, but if managed correctly, this disability can be minimized. This talk will focus on: early identification and conservative management and return back to sport without reconstruction in 8 weeks.

The primary aim of the talk will be to unwrap the latest field based testing, management and rehabilitation of knee injuries in an Australian context. Secondly, explore a novel rehabilitation protocol for return to play in amateur athletes. Finally, develop an understanding of the injury mechanisms to formulate injury prevention strategies.