Andy Thompson

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Consulting location from January 2027

ACL Injury Assessment

Patient information for anterior cruciate ligament injuries

The anterior cruciate ligament (ACL) helps stabilise the knee during turning and pivoting. Injury may cause swelling, reduced movement or a feeling that the knee gives way.

Assessment considers the ligament injury, any associated meniscal or cartilage damage, and your needs for daily life, work and sport.

This information is general only and does not replace personalised medical advice. Your assessment, treatment options and recovery plan may differ. Andy Thompson's clinic is not an urgent or emergency service. For medical emergencies, call 111.

Urgent concerns: For new or worsening symptoms requiring urgent assessment, contact your GP, an urgent care provider, or your nearest emergency department.

What assessment may cover

- The injury mechanism, swelling and episodes of giving way.
- Examination of knee movement, stability and related structures.
- Review of X-rays or MRI where appropriate and any previous treatment.
- Your work demands, activity goals and confidence in the knee.

Treatment options

- Rehabilitation helps restore movement, strength and control, with or without surgery.
- Non-operative care may suit some people, depending on stability, other injuries and activity needs.
- Surgical options may be discussed when appropriate, including their benefits, risks and rehabilitation requirements.
- Rehabilitation progress guides an individual plan for returning to work, sport and other demanding activity.

Useful information to bring

- Referral notes, imaging reports and details of the injury and rehabilitation so far.
- A medication list, allergies, and ACC claim or insurance details if relevant.
- Questions about stability, work, sport and the treatment options.

Prepared for Andy Thompson's patients and referrers. Updated October 2026.