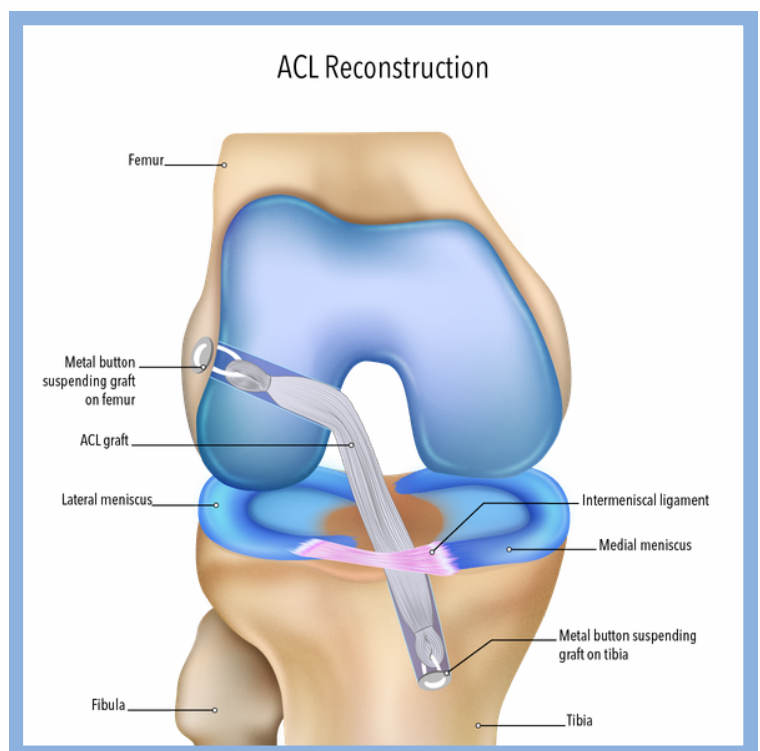




Mr Vishal Pai
ORTHOPAEDIC KNEE SURGEON

Restore Knee Strength with ACL Rupture Treatment



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vishalpai.com.au



A knee that suddenly gives way can mean the ACL has torn. [ACL rupture treatment](#) starts once that's confirmed. Without it, ordinary things like turning quickly or walking downstairs stay difficult. The injury will not fix itself. A clinical assessment confirms the diagnosis and what happens next.

How an ACL Rupture Happens

The anterior cruciate ligament sits deep inside the knee and controls rotation. It also stops the shin bone from sliding forward. A sudden stop, a twist, or a bad landing during sport can overload it. Some tears are partial. Others separate the ligament completely. Swelling and a shaky, loose knee usually show up within hours. An exam and a scan confirm how bad the tear is.

Treating a Ruptured ACL

Every ACL tear is different. Treatment depends on how severe the tear is and how active you are. It also depends on how stable the knee feels day to day.

- Smaller, partial tears often respond to physiotherapy alone
- A fully ruptured ligament may need reconstruction surgery using a graft
- What fits best depends on age, sport and lifestyle
- Once the ligament is stable, rehabilitation rebuilds strength safely
- Support does not stop once surgery is done, guidance continues throughout recovery

Recovery After ACL Surgery

Recovery happens in stages. It doesn't happen overnight. The first few weeks are about bringing swelling down and getting the knee moving. Physiotherapy adds strength week by week after that. Most people are back to daily routines within a few months. Athletes wanting to return to sport usually need more time. Their ACL rupture treatment plan has more ground to cover before full sport clearance. Rushing it causes setbacks. Supervised, steady progress works better.

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Conclusion

Rest alone rarely fixes a ruptured ACL, no matter how long you wait. ACL rupture treatment, matched to the tear, is what restores function. Diagnosis, a clear plan and steady rehabilitation are what get the knee back to normal.

To book an assessment, [contact](#) Mr Vishal Pai, orthopaedic knee surgeon in Melbourne, to start ACL rupture treatment for your knee.

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