

**COMMONWEALTH OF MASSACHUSETTS**  
**DEPARTMENT OF INDUSTRIAL ACCIDENTS**

**Knee Injury Anterior Cruciate Ligament (ACL) Surgical Treatment Guideline**  
Revised October 22, 2008

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**I. Conservative Care:**

A. Not Applicable

**II. Clinical Findings:**

A. Subjective (Pain alone is not an indication)

1. Instability of the knee; described as "buckling or giving way"; and
  - a. Significant effusion at time of injury; and/or
  - b. Description of injury indicates a rotary twisting or hyperextension occurred

**AND**

B. Objective

1. Positive Lachman's sign
2. Supportive findings:
  - a. Positive pivot shift; and/or
  - b. Positive anterior drawer; and/or
  - c. Positive KT 1000, > 3-5 mm = +1  
> 5-7 mm = +2  
> 7 mm = +3

**AND**

C. Imaging - Positive findings with:

1. Arthrogram; **or**
2. MRI; **or**
3. Arthroscopy