

# COMMONWEALTH OF MASSACHUSETTS

## DEPARTMENT OF INDUSTRIAL ACCIDENTS

### Knee Injury Anterior Cruciate Ligament (ACL) Surgical Treatment Guideline

REVISED OCTOBER 22, 2008

---

**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