

Mayo Clinic Medical Edge

ACL after 40

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	CAROL RICHARDSON TORE THE ANTERIOR CRUCIATE LIGAMENT, OR ACL, IN HER KNEE WHEN SHE WOUND UP TO THROW A BALL.
Carol Richardson Had torn ACL	"I GOT THE BALL AND I CAME ACROSS MY BODY AND KEPT ON GOING DOWN. AND I HEARD THIS, NOT REALLY A SNAP, BUT SOMETHING, AND I COULDN'T GET UP. IT WAS VERY PAINFUL."
	CAROL, WHO JUST TURNED 60, HAD SURGERY TO RECONSTRUCT HER ACL. BUT NOT LONG AGO, SHE WOULD NOT HAVE BEEN A CANDIDATE. YOU SEE, THE THOUGHT WAS THAT PEOPLE

	<p>OVER 50 OR EVEN 40 JUST WEREN'T ACTIVE ENOUGH TO NEED AN ACL RECONSTRUCTION. BUT MAYO CLINIC DR. DIANE DAHM SAYS THAT'S NOT TRUE ANY MORE, AND SHE PROVED IT IN A STUDY AT MAYO CLINIC.</p>
<p>Diane Dahm, M.D.</p>	<p>"WHAT WE FOUND WAS THAT FOR PATIENTS OVER AGE 50, 86-PERCENT OF THEM WERE ABLE TO GET BACK TO THEIR PRE-INJURY ACTIVITIES."</p>
	<p>CAROL COULD WALK A COUPLE WEEKS AFTER SURGERY, AND SHE GOT THE GO AHEAD TO RESUME ALL ACTIVITIES IN ABOUT 6 MONTHS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>