

ACL injury in the last 3 weeks?

Australia's first clinical trial comparing ACL reconstruction surgery with a new bracing treatment designed to help the ACL heal



Who can take part?

You may be eligible if:

- You are 16 to 40 years old
- You have torn your ACL within the past 19 days
- You've had (or are willing to have) an MRI confirming the injury

What's involved? Participants are allocated to one of two treatment pathways:

Cross Bracing Protocol

Wearing a knee brace designed to support ACL healing for 12 weeks, plus progressive exercise-based rehabilitation.

- Up to 23 free physiotherapy consultations
- Provided with brace and exercise bands

ACL Reconstruction Surgery

ACL reconstruction surgery (within 8 weeks), followed by post-operative rehabilitation.

- Up to 15 free physiotherapy consultations
- Provided with exercise bands

Why participate?

- Access to healthcare from leading clinicians
- Free physiotherapy consultations for 12 months
- Free exercise bands / knee brace
- Comprehensive support from the research team at the University of Melbourne
- Contribute to research aiming to improve ACL care in Australia



How do I get involved?



Scan the QR code to check your suitability and apply

Go to www.embracestudy.com.au for more information



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