

DO YOU HAVE A RECENT ACL INJURY?




The University of Melbourne invites people with a recent ACL rupture to take part in a new study.

The **EMBRACE Study** will compare ACL reconstruction surgery with a new bracing treatment that aims to heal the ACL.



Who can take part in this study?

You may be able to take part in this research if:

-  you are 16 to 40 years old
-  you have ruptured (torn right through) your ACL in the last 19 days
-  you have had (or are going to have) an MRI scan of your knee to confirm this.

What is involved in taking part?

Participants will be unable to choose their treatment and will be allocated to one of the following treatment groups::

Cross Bracing Protocol group



Participants adopt the Cross Bracing Protocol (CBP) and an exercise-based rehab program

Provided with brace, exercise bands and up to 23 free physio consults

ACL Reconstruction group



Participants have expedited ACL reconstruction surgery (within 8 weeks) and a post-operative exercise-based rehab program

Provided with exercise bands and up to 15 free physio consults

To find out more:  scan here!



www.embracestudy.com.au



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