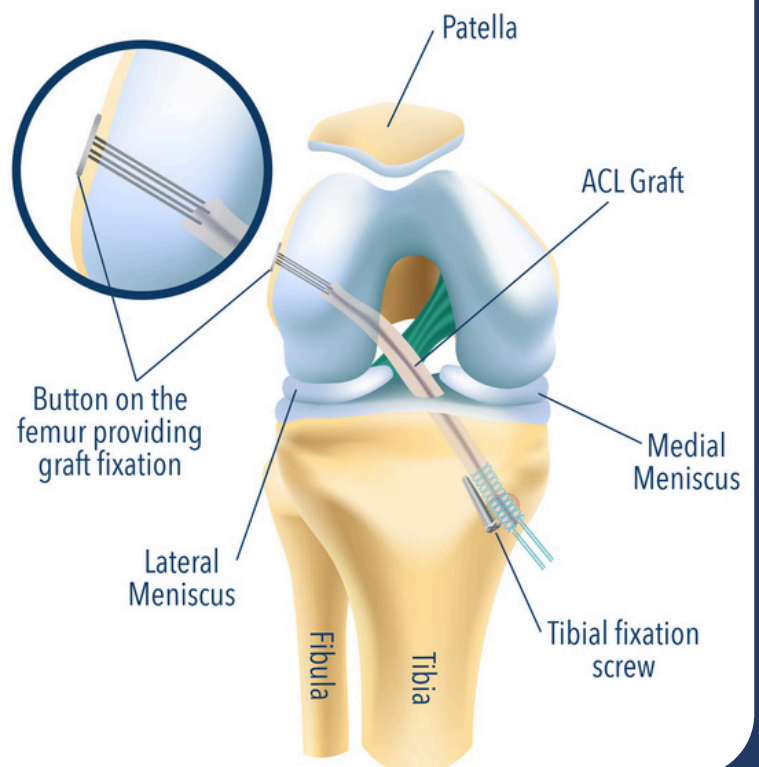




Mr Vishal Pai  
ORTHOPAEDIC KNEE SURGEON

## How Can You Get Your Hamstring ACL Reconstructed?

### ACL Reconstruction



**0386570595**



**[vishalpai.com.au](http://vishalpai.com.au)**



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When you get your ACL torn while playing sports, you feel pain, instability, and have trouble moving your knee. When a proper amount of rest and therapy is also not enough, we suggest that you have a **hamstring ACL reconstruction** surgery, using your hamstring tendons. The tendons come from muscles at the back of your thigh. They help you bend your knee and move your hip, which you need for walking, running, jumping, and climbing stairs.

During the surgery, your doctor would take one or two of these tendons and use them to replace your torn ACL. This method is commonly practised because it usually causes less pain in the front of your knee and helps you heal faster. You may feel some weakness in your hamstring for a while, but the new ligament made from your tendon is strong and flexible. So, over the time it helps you return to your normal activities.

## **Advantages of Getting Your Hamstring Graft for ACL Reconstruction**

Hamstring grafts involve using a portion of your own hamstring tendon to create a new ligament in the knee. There are several advantages with hamstring ACL reconstruction, including:

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- Lower risk of complications
- Quick recovery
- Enhanced natural look

Therefore, hamstring ACL reconstruction graft is a common and effective surgical procedure that can help you to regain the stability and mobility in your knee. Visit our website <https://vishalpai.com.au/hamstring-acl-reconstruction> for more information.

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