

### Anterior Cruciate Ligament Survey

Thank you for agreeing to participate in the following survey created by the Washington University Sports Medicine Division regarding the public's knowledge of the anterior cruciate ligament (ACL). The questions listed below deal with your background, basic information pertaining to the ACL, and issues related to the ACL survey. You will not be required to reveal any specific details regarding your personal medical history other than general information. There is no time limit on completing the survey; however, we anticipate that you will be able to complete all questions in less than ten minutes. Please select one answer for each question unless otherwise specified.

1. What is your age in years?  
\_\_\_\_\_
2. What is your sex?
  - a. Male
  - b. Female
3. What is your race/ethnicity?
  - a. Caucasian
  - b. Hispanic
  - c. African American
  - d. Asian
  - e. Native American
  - f. Other
4. What is your highest level of education?
  - a. Some high school
  - b. High school degree
  - c. Some college
  - d. College degree
  - e. Graduate/professional degree
5. Have you ever been employed in a health-care setting?
  - a. Yes
  - b. No
6. Please indicate how often you performed each activity in your healthiest and most active state in the past year.

	Less Than One Time in a Month	One Time in a Month	One Time in a Week	Two or Three Times in a Week	Four or More Times in a Week
Running: while jogging or playing a sport					
Cutting: changing directions while running					
Decelerating: coming to a quick stop while running					
Pivoting: turning with your foot planted while playing a sport. For example, skiing, skating, kicking, throwing, hitting a ball (golf, tennis, squash), etc.					

7. Have you ever had to undergo a surgical procedure?
  - a. Yes
  - b. No
8. Have you ever consulted with a health-care provider regarding knee pain or a knee injury?
  - a. Yes
  - b. No
9. Has a physician ever told you that you injured your ACL?
  - a. Yes
  - b. No

10. Have you ever had ACL surgery?
  - a. Yes
  - b. No
11. To your knowledge, did anyone in your immediate family, such as a parent, sibling, or child, ever injure his or her ACL?
  - a. Yes
  - b. No
12. To your knowledge, has anyone in your immediate family, such as a parent, sibling, or child, ever had ACL surgery?
  - a. Yes
  - b. No
13. How would you rate your knowledge about the ACL?
  - a. No knowledge about the ACL
  - b. Little knowledge about the ACL
  - c. Moderate knowledge about the ACL
  - d. Considerable knowledge about the ACL
  - e. Extensive knowledge about the ACL
14. In what part of the body is the ACL?
  - a. Shoulder
  - b. Elbow
  - c. Hip
  - d. Knee
  - e. Ankle
15. To what two structures does the ACL attach?
  - a. A bone to skin
  - b. A bone to bone
  - c. A bone to a muscle
  - d. A muscle to a muscle
  - e. I don't know
16. What is the most important purpose of the ACL?
  - a. Knee stability
  - b. Strength generation
  - c. Running speed
  - d. Shock absorption
  - e. I don't know
17. Which of the following would be a likely case of injuring the ACL?
  - a. Getting hit on the front of the knee
  - b. A twisting force on the knee with the foot on the ground
  - c. Climbing stairs
  - d. Excessive running
  - e. I don't know
18. Which movement would be most difficult with an injured ACL?
  - a. Squatting
  - b. Bending the knee
  - c. Walking straight ahead
  - d. Changing direction while running
  - e. I don't know
19. Participation in which sport would be most difficult with an injured ACL?
  - a. Soccer
  - b. Jogging
  - c. Swimming
  - d. Biking
  - e. I don't know

20. Is it necessary for someone to have an injury to the ACL in order to undergo ACL surgery?
  - a. Yes
  - b. No
  - c. I don't know
21. Will a torn ACL eventually heal back together without surgery?
  - a. Yes
  - b. No
  - c. I don't know
22. If you tear your ACL, do you need to have surgery in order to walk normally?
  - a. Yes
  - b. No
  - c. I don't know
23. Is there a difference in the risk of an ACL tear between males and females?
  - a. Yes
  - b. No
  - c. I don't know
24. If you tear your ACL, is surgery required within seven days?
  - a. Yes
  - b. No
  - c. I don't know
25. Is hardware such as screws or plates typically used for ACL surgery?
  - a. Yes
  - b. No
  - c. I don't know
26. If you require ACL surgery, which type of graft (tissue used to replace the ACL) would you prefer?
  - a. Allograft (tissue taken from a donor)
  - b. Autograft (tissue taken from your own body)
  - c. No preference
  - d. I don't know
27. If you were to have ACL surgery with an autograft (tissue taken from your own body), which graft would you prefer?
  - a. Patellar tendon
  - b. Hamstring tendon
  - c. No preference
  - d. I don't know
28. Do you think that using an allograft (transplant tissue taken from a donor) to replace the ACL would allow an athlete to return to sports faster?
  - a. Yes
  - b. No
  - c. I don't know
29. Will a patient need a cast during recovery following ACL surgery?
  - a. Yes
  - b. No
  - c. I don't know
30. Will a patient need a brace during recovery following ACL surgery?
  - a. Yes
  - b. No
  - c. I don't know
31. Which of the following is/are a complication of ACL surgery? Circle "yes" or "no" for each.
  - a. Persistent knee instability yes no
  - b. Infection yes no
  - c. Knee stiffness yes no
  - d. Pain with kneeling yes no

32. Will a patient need physical therapy following ACL surgery?
  - a. Yes
  - b. No
  - c. I don't know
33. What is the approximate risk of retearing the ACL once it has been surgically repaired?
  - a. 0%
  - b. 5%
  - c. 10%
  - d. 25%
  - e. 50%
34. What is the approximate risk for infection following ACL reconstruction surgery?
  - a. 1%
  - b. 5%
  - c. 10%
  - d. 15%
  - e. 20%
35. Following ACL surgery, how long should a patient expect to wait before returning to jogging in a straight line?
  - a. One week
  - b. One month
  - c. Three months
  - d. Six months
  - e. One year
36. Following ACL surgery, how long should a patient expect to wait before returning to all sports?
  - a. One week
  - b. One month
  - c. Three months
  - d. Six months
  - e. One year
37. Following ACL surgery on the right knee, how long should a patient expect to wait before returning to driving an automobile?
  - a. One day
  - b. One week
  - c. Two weeks
  - d. Six weeks
  - e. Three months
38. What is the approximate success rate in returning to sports or the previous level of activity following ACL surgery?
  - a. 0%
  - b. 25%
  - c. 50%
  - d. 75%
  - e. 90%
39. Following ACL surgery, will the new ACL be better (i.e., stronger) than the original ACL?
  - a. Yes
  - b. No
  - c. I don't know
40. Does an ACL tear increase the risk of developing arthritis in the knee?
  - a. Yes
  - b. No
  - c. I don't know
41. Does ACL surgery prevent the risk of arthritis in the knee compared with a person who does not undergo surgery following an ACL tear?
  - a. Yes
  - b. No
  - c. I don't know

42. Which of the following is true regarding ACL surgery?
- a. It is typically performed through a large incision
  - b. It involves sewing the torn ACL back together
  - c. It can be performed under local anesthesia
  - d. It is necessary whenever the ACL is torn
  - e. It requires the use of drills and hardware
43. Please rate your level of concern for each of the following issues if you were to undergo ACL surgery (1 = no concern, 10 = most concern)
- a. Ability to return to sports/activities at previous level 1 2 3 4 5 6 7 8 9 10
  - b. Size and appearance of surgical scars 1 2 3 4 5 6 7 8 9 10
  - c. How much ACL surgery will cost 1 2 3 4 5 6 7 8 9 10
  - d. Risk of developing arthritis in the knee 1 2 3 4 5 6 7 8 9 10
  - e. Pain immediately following surgery 1 2 3 4 5 6 7 8 9 10

Thank you for your participation.