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## **Incidence of secondary ACL injuries post ACL injuries in athletes: A systematic review**

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## **Incidence of secondary ACL injuries post ACL injuries in athletes: A systematic review**

**Background:** The chances of secondary ACL injuries are very common post ACL injuries in most contact sports. The incidence rates are not well established and also the cause for these incidences are also not well understood. **Objective:** To study the incidence of secondary ACL injuries in athletes after ACL injuries and to determine the factors associated with the same. **Methodology:** A thorough search was conducted via electronic databases PUBMED/MEDLINE, Web of Science, Scopus, Embase, and CINAHL from their inception to January 2021. Following the PRISMA guidelines, a total of 27 articles were included in this study. **Results:** This Systematic review showed that the overall total secondary ACL injury rate is 15 % and the contralateral injury rate which is 12 % is higher as compared to the ipsilateral re-injury rate which is 9.76 %. **Conclusion:** Any athlete who has undergone a primary ACL injury or ACL-R should be considered at risk for a secondary ACL injury and should be treated in a similar way, and more emphasis should be put on younger athletes and those who want to return to level 1 sports