

Introduce what is ACL:<https://www.youtube.com/watch?v=RTV5Yo3E7VQ&t=1s>

point need to note in the recovery of the ACL:

<https://www.youtube.com/watch?v=4C-kC7KvIJk>

picture of the ACL:

<https://www.youtube.com/watch?v=4C-kC7KvIJk>

the picture of ACL's tear:

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.mayoclinic.org%2Fdiseases-conditions%2Facl-injury%2Fsymptoms-](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.mayoclinic.org%2Fdiseases-conditions%2Facl-injury%2Fsymptoms-causes%2Fsyc-20350738&psig=AOvVaw3z7WyMsmLRDZWfNB78JjLg&ust=1616433396805000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPDijuXxwe8CFQAAAAAdAAAAABAD)

[causes%2Fsyc-20350738&psig=AOvVaw3z7WyMsmLRDZWfNB78JjLg&ust=1616433396805000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPDijuXxwe8CFQAAAAAdAAAAABAD](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.mayoclinic.org%2Fdiseases-conditions%2Facl-injury%2Fsymptoms-causes%2Fsyc-20350738&psig=AOvVaw3z7WyMsmLRDZWfNB78JjLg&ust=1616433396805000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPDijuXxwe8CFQAAAAAdAAAAABAD)

the process of ACL's tear:

<https://www.youtube.com/watch?v=kNvtEMTF6YE>