



# WORK RIGHT REVIEW

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## THE COST OF INJURY: THE KNEE

BY WRNW

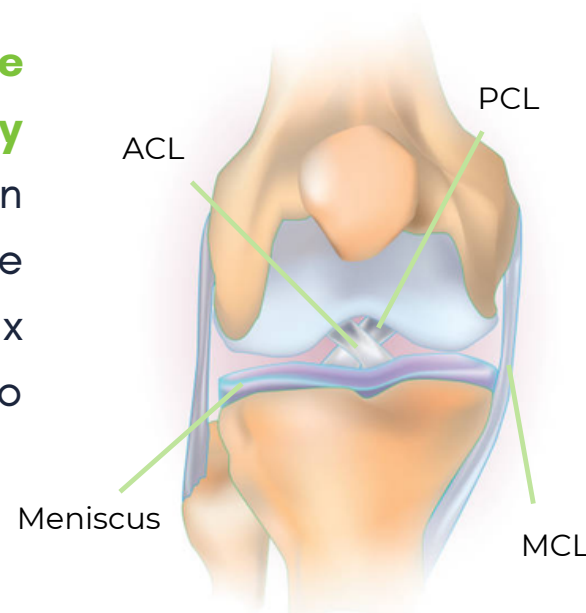


Whether you're a sports athlete or an industrial athlete, you could be at risk for a knee injury if you push, pull, or move for a living! Thankfully, knee strains and sprains heal with rest and recuperation. Unfortunately, there are other knee injuries that require much more than a bit of patience. Let's take a look at some common examples:

### Ligament Tears (ACL/MCL/PCL)

Ligaments are elastic tissue that connects and stabilize joints and the bones surrounding them. Three of these are ACL, MCL, and PCL.

In the U.S., an **average ACL repair surgery costs \$9,300**. In addition to that, the injury will take six months (or longer!) to recover.



### Torn Meniscus

The meniscus is a rubbery, C-shaped disc that softens your knee. While some meniscus tears can be healed with ice compression and rest, in many cases, doctors recommend surgical procedures.

Arthroscopy, for example, **costs from \$7,400 to \$9,000**.

### Osteoarthritis

Osteoarthritis, the most common form of arthritis, is a degenerative joint disease. Severe cases of osteoarthritis may require a complete knee replacement surgery. In the U.S., a total knee replacement surgery **costs between \$49,500 to \$57,000**.



**Don't forget about rehab after surgery! Physical therapy can range from \$20-350 per session (most pay around \$30 with insurance)**

**Be PREPARED and take care of your body to prevent injuries.**

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SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

