

Date of Hearing: June 1, 2026

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
SCR 151 (Umberg) – As Amended April 29, 2026

SENATE VOTE: 38-0

SUBJECT: Anterior Cruciate Ligament Injury Awareness Month.

SUMMARY: Proclaims the month of May 2026 as Anterior Cruciate Ligament (ACL) Injury Awareness Month; and, encourages schools, youth sports organizations, athletic programs, and health professionals to promote evidence-based injury prevention education and training. Specifically, **this resolution** makes the following legislative findings:

- 1) The American Medical Society for Sports Medicine recognizes that ACL injuries are common in youth and adolescent athletes, and that over 70 percent of these injuries occur through noncontact mechanisms, such as rapid direction changes, pivoting, cutting, and landing movements, which are typical of sports including soccer, basketball, volleyball, lacrosse, and football.
- 2) ACL injuries are among the most common and debilitating musculoskeletal injuries affecting physically active individuals and youth athletes, constituting a major and growing public health concern. An estimated 400,000 ACL tears occur annually in the United States.
- 3) ACL injuries significantly increase the risk of osteoarthritis in children and adolescents by up to 10 times, can result in chronic pain and long-term damage to cartilage and the meniscus, and make individuals up to seven times more likely to require knee replacement surgery later in life.
- 4) The economic burden of ACL injuries is substantial, with estimates indicating direct medical costs exceeding \$7 billion annually in the United States, in addition to significant indirect costs related to lost productivity, long-term care, and diminished quality of life.
- 5) Female athletes experience a disproportionate burden of ACL injuries, with studies showing they are between 2.8 and 8 times more likely than male athletes to sustain ACL tears, particularly in sports such as soccer, basketball, and lacrosse.
- 6) ACL injuries can have profound psychological and social impacts on injured individuals, including depression, anxiety, and reduced academic or occupational participation, particularly among youth athletes.
- 7) Injury prevention programs not only reduce ACL injury risk but also decrease overall time lost from sports participation and improve long-term physical, mental health, and performance outcomes for young athletes.
- 8) The National ACL Injury Coalition, convened through Project Play, has established a nationally recognized, evidence-based framework to reduce ACL injuries among youth athletes across multiple sports by promoting standardized education, neuromuscular injury

prevention training, and implementation resources for youth sports organizations, coaches, athletes, and parents.

9) California currently lacks a statewide injury surveillance system specific to youth sports ACL injuries, and national estimates used to inform public health policy may not fully capture the scope, demographic distribution, or sport-specific patterns of ACL injuries among California youth.

10) It is imperative that there be greater public awareness of ACL injuries as a serious and preventable public health issue with long-term health, economic, and equity implications, and that California promote education, injury surveillance, research, and evidence-based prevention efforts statewide.

FISCAL EFFECT: This resolution is keyed non-fiscal by Legislative Counsel.

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

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