

# Torn: Blackburn Tears Her ACL

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Picture this: Danielle Blackburn faces a San Antonio volleyball team, not knowing what's going to happen next. Time stops. There's a pop, then she falls. Blackburn tears her ACL, a ligament in the knee that takes months of recovery and intensive surgery when torn.

"I had one surgery, but there was a complication," Blackburn said. "They were supposed to use my hamstring to replace my ACL, but they had to use

my quad muscle instead."

Blackburn played on the top team for Austin Junior Volleyball Club. As of now, Blackburn has been recovering from her injury for six months. She explains the events adding up to her injury.

"I was going up to hit the ball, and my main focus was to sprint to the outside of the court to block and I came down wrong, so I landed on my

opposite foot," Blackburn said. "I landed and it made a loud pop."

Blackburn explains what happened after she fell.

**“I remember my dad sprinting down the stairs. My coach told me to lay on the ground.”**

**Danielle Blackburn, 8**

"Grayson, my teammate, told me I got a kill," Blackburn said. "I remember my dad sprinting down the stairs. My coach

told me to lay on the ground. They had to cut off one of my knee pads because it was too small because I forgot one at home, so I got one from the lost and found."

Throughout Blackburn's recovery her parents, family, and friends support-

ed her.

"My friends brought flowers, posters, Tiff's Treats, and stuck by my side through my recovery," Blackburn said.

Recovery for Blackburn meant a lot of physical therapy and wearing a large knee brace. Still recovering, she has to go to physical therapy every week.

"I go to physical therapy and practice exercises to strengthen my ACL," Blackburn said.

Blackburn was cleared for volleyball on January 22.