

Rebuilding More Than a Knee: Alexandria Loutitt on ACL Recovery

Sport: Ski Jumping

She is the first Canadian to win a Ski Jumping World Title; Olympic

Hometown: Calgary, Alberta

Bronze Medalist; Junior and Senior World Champion

When Olympic ski jumper Alexandria Loutitt tore her ACL this past September (2025), the injury changed her life overnight. One moment she was training at the highest level of her sport, and the next she was facing surgery.

“It happened so quickly,” she says. **“Honestly, at first I just cried a lot. It felt like my life wasn’t real.”**

Loutitt tore her ACL, MCL, and meniscus, and her treatment process moved incredibly fast. She injured her knee late at night and underwent surgery early the next morning.

Despite the shock, she found that **understanding her injury helped her cope.**

Dealing with the fear and uncertainty meant doing my research,” she explains. “I wanted to understand as much as I possibly could about my knee.”

She watched an animation of the surgical procedure so she could better understand her injury, and that knowledge helped her later in rehab, especially when communicating with her medical team.

Like many athletes, Loutitt’s personal identity is closely tied to her sport. Being told she would likely miss a full year of competition, and the upcoming Olympics was devastating.

But after allowing herself time to process the news, she made a conscious decision about how she wanted to approach recovery.

“I realized I had two options. I could waste a year of my life not being able to compete, or I could become a better athlete and a better person from this.”

Instead of focusing on what she had lost, she focused on who she wanted to become.

She sat down with her sports psychologist and planned “in a year from now, who do I want to be”

She shifted her mindset and approached her rehab with the perspective of

“As my knee is rebuilding, I’m also rebuilding myself.”

The experience has also shifted how she thinks about success in sport. While awards and podium finishes often define athletic achievement, Loutitt says the athletes she admires most stand out for something else.

“The athletes I look up to the most, are the ones who take the time to talk with younger athletes and connect with people.”



Just recently, one of her childhood heroes, a Polish ski jumper she had admired growing up, came up to her in Milano Cortina.

“We had a really great conversation,” she recalls.

It was a small moment, but one that reinforced how she now thinks about the athletes she respects most.

“They’re great athletes,” she says, “but they’re even better people.”



Throughout recovery, small milestones have helped keep her motivated. The first time she returned to physical testing, she felt a sense of normalcy again. “I felt like an athlete again.”

Later, when she started plyometric training, the first jump brought a mix of fear and relief. “The first jump was scary,” she admits. “But then you do it, and you’re like, ‘Oh, I’m fine.’”

For younger athletes going through ACL rehab, Loutitt emphasizes the importance of mindset and surrounding yourself with a strong support network. She also believes in visualizing progress and future goals. During rehab, she created a vision board and began documenting milestones using a film camera.

“Every time I feel like I’ve made progress, I take a photo.”

When doubts creep in, she reminds herself of something simple but powerful.

“Sometimes I ask myself, ‘Will I ever be as good again?’ And then I answer: No. I’m going to be better.”

She says the way athletes talk to themselves during recovery matters. “How you talk to yourself is important. You must create a positive feedback loop.”

For Loutitt, the injury has ultimately become an opportunity for growth. Because for her, recovery isn’t just about getting back to where she was. **It’s about becoming better and stronger than before.**