



Rehabilitation & Return to Sport



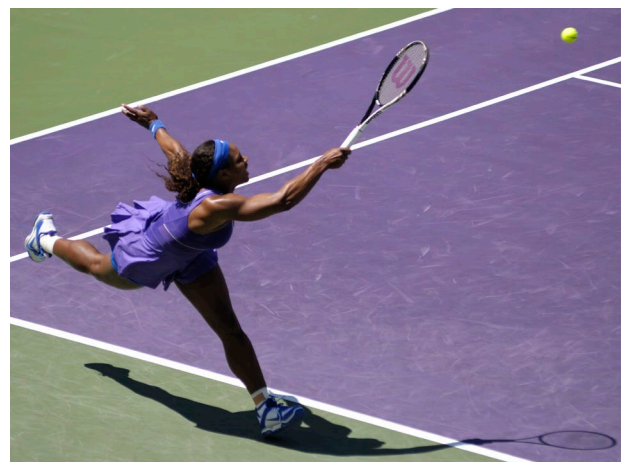
This education leaflet is designed to give you a brief and basic overview of the rehabilitation and return to sport process following anterior cruciate ligament reconstruction

Every patient, injury and surgeon is different therefore please consult your health professional for further individual detail

Further information related to this topic can be found at: semrc.latrobe.edu.au

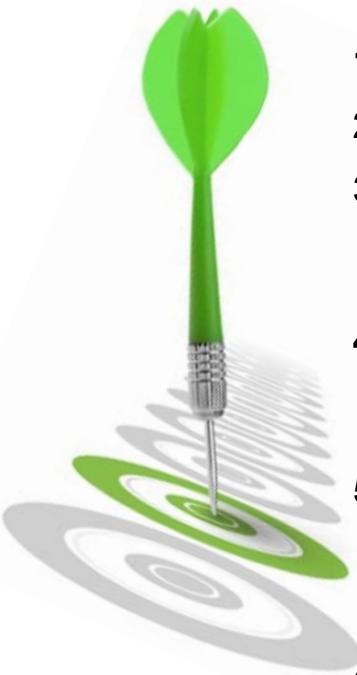
Rehabilitation following anterior cruciate ligament reconstruction is challenging and at times you may wish to discontinue for a variety of reasons (cost, time, ability to self manage, decreased motivation)

You should continue formal rehabilitation with a health professional until your operated leg is as strong as your other leg (if not stronger) to reduce the risk of re-injury and possibly future joint health



Return to Sport Criteria

Returning to sport with ongoing strength and movement deficits may place you at risk of abnormal joint/muscle loading, or reinjury. It is therefore important to continue to see your health professional for assessment and treatment of strength/movement deficits.



1. Nil to minimal **pain** and **swelling**
2. **Full range of motion**
3. **“Full” strength** of all muscle groups (= >95% of opposite side & >values for non injured people). This includes calf, quadriceps, hamstring, gluteals and core muscles.
4. **“Restored” function and movement.** I.e. walking, running, jumping, landing/cutting. This is not only how far you can run or hop but normal “movement patterns”
5. **Completed a graded return to activity.** I.e. - cardiovascular exercise non-impact exercise – running – speed/agility – modified – full training – match simulation – return to games. No more than 10% increase each week
6. **Psychological readiness** (see leaflet no. 4)

Your physiotherapist will assist you in assessing these items formally. Achieving all of these criteria typically takes 12 months, however it can take up to 2 years.

What if I do not want to return to sport?

- This is a completely justified decision, however restoring full symmetry in strength and function is still important for future joint health.
- Restoring all movements is also important as it may required in a social setting (i.e. playing sport with family/children)

Further information



Website/Blog

semrc.blogs.latrobe.edu.au/category/acl



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