

Rehabilitation programs after anterior cruciate ligament reconstruction in highly active individuals: a review

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Abstract

Anterior Cruciate Ligament (ACL) is one of the most traumatic injuries for an athlete. The incidence of ACL injuries is increasing and especially in highly active individuals that participate in high risk sports. The incidence is higher in female than in male athletes.

The key to successful treatment of an anterior cruciate ligament tear is proper and early rehabilitation. Preoperative and postoperative rehabilitation programs are similar in most of the rehabilitation protocols and the guidelines in the current literature.

Swelling control and restoration of motion and strength are the goals of each.

Current literature lack specific criteria regarding the later stages of the rehabilitation program and the timelines that the athlete can return to pre-injury sport activity.

The goal of this manuscript is to improve the knowledge of appropriate exercises, the influence of preoperative and postoperative factors for a good clinical outcome of the rehabilitation after anterior cruciate ligament reconstruction. Furthermore, this manuscript points out the specific objectives that are missing in the literature and have to be studied further.

Keywords: ACL rehabilitation, preoperative rehabilitation, postoperative rehabilitation, return to sports.