

OUTCOMES OF FOUR TO EIGHT YEAR FOLLOW-UP OF PATIENTS S/P ACLR ENROLLED IN A POST-REHABILITATION NEUROMUSCULAR TRAINING PROGRAM

Foley JR, Giveans MR

Fairview Sports Physical Therapy Residency/Fairview Health Services

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Patients signed informed consent requests. Data has only been examined by the primary and secondary researchers. Data is being stored in a file cabinet by the primary researcher. IRB approval provided by the University of Minnesota/Fairview Institutional Review Board.

Purpose/Hypothesis: Multiple studies have examined the incidence of secondary anterior cruciate ligament (ACL) injuries and return-to-sport rates after ACL reconstruction (ACLR). There is a paucity of evidence in subjects who have participated in specific neuromuscular training programs prior to resuming sporting activity. The objectives were: 1. to examine return-to-sport rates subsequent to participation in one organization's neuromuscular training program; 2. to elucidate the incidence of secondary ACL injuries among this cohort; and 3. to understand the current functional status of these subjects. We hypothesize that this cohort will demonstrate similar return-to-sport rates and incidence of secondary ACL injuries as in previously-published studies.

Subjects: Thirty-eight subjects (27 female, 11 male; mean age 22.4); mean follow-up of 73.4 months.

Methods: Observational study. Subjects were recruited after completing one organization's post-rehabilitation neuromuscular training program, following primary ACLR. Subjects were provided

