

The rehabilitation protocol for anterior cruciate ligamentoplasty depending upon the sportive activity level

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Abstract

The lesions of the anterior cruciate ligament of the knee are a frequent traumatic pathology of the knee and in most cases the best therapeutic decision is surgery.

There is no standard surgical protocol (modified Jones technique is one of the commonly used) and there are many post surgical rehabilitation protocols.

The rehabilitation program must be integrated in all postoperative therapies and its major objective is to regain the knee functionality in order to walk and to be able to do “activities of daily living” (ADL) in optimal and painless conditions, to assist patients to return to their social life.

Beyond the classic functional rehabilitation (which lasts approximately 12 months) which is for all sedentary patients, special accelerated rehabilitation protocols (for about 6 months) are described which are designed to help athletes to regain their performance level.

Keywords: ligamentoplasty; functional rehabilitation; classic rehabilitation; accelerated rehabilitation; criteria for sportive performance returning; individual training.