Title: The ACL From A to Z

Speakers:
Zachary Christopherson, PT, DPT, SCS, COMT
Barton N. Bishop, PT, DPT, SCS, TPI CGFI-MP2, CSCS
Dr Kirk McCulluogh, MD
Dan Lorenz, PT, DPT, ATC/L, CSCS, USAW

CSM 2017: Thursday, February. 16 at 3:00pm

Disclosures: None for any speaker

Objectives:
Upon completion of the course, the participant will be able to:
1. Outline the continuum of care of the ACLr from acute evaluation on the field to return to play
2. Highlight the acute evaluation and in game management of an ACL injury
3. Outline a general in game functional return to play assessment
4. Review tissue-healing time frames that guide rehab principles
5. Provide updates on current concepts in pre op, immediate post op and mid phase rehab
6. Discuss latest surgical techniques for ACLr
7. Present general concepts in exercise selection and dosage for ACLr rehabilitation
8. Discuss criteria for progression to functional training and outline a basic program for late phases of rehabilitation beginning phases of performance enhancement including injury prevention program
9. Review tests and measure to evaluate readiness for return to play

Session Outline
25 mins: Acute management of the ACL injury – Christopherson
• Time out with other medical personnel prior to event to cover EAP
• Initial field assessment
  o Subjective
  o Observe for deformities.
  o Neuro/Vascular distal to sight of injury
  o Palpate for deformities

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• ROM – PROM
• Special tests
• Transporting Athlete
  • Assessment of WB tolerance
  • Techniques for moving athlete to side line
• Side line assessment
  • In-depth subjective pain screening
  • In-depth palpation
  • Full Neuro/Vascular screen
  • Special tests
  • Function return to play screen if serious pathology ruled out
  • Bracing and splint techniques for immobilization if needed
• Communication of athletes status
  • Coaches
  • Parents
  • Other medical personnel

25 mins: Current concepts on surgical techniques – Surgeon to be determined

25 mins: Preop and early post op phases – Bishop

Review and update of tissue healing time frames
• Pre op rehab
  • Minimize swelling
  • Restore ROM
  • Maintain overall strength and fitness
  • Gait training with crutches
  • Good understanding and performance of initial post op HEP
  • Good movement mechanics
• Post op initial evaluation
  • Education:
    ▪ Expectations, prognosis, POC and goals for rehab
    ▪ Swelling and pain management
    ▪ Initial HEP
• Early Phase Rehab
  • Minimize pain and swelling
  • Normalization of gait
  • Restoration of ROM
  • Restore quad activation
  • Maintain good movement mechanics
• Mid stages of Rehab
  • Criteria for progression to this stage
  • Continued pain and swelling management
  • Progress strengthening

25 mins: Late post op phase, performance enhancement and return to play assessment – Lorenz

• Criteria for progression to this stage
• Progression of higher level strength and power training

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• Criteria for and initiation of return to run progression
• Initiation and progression of agility drills
• Initiation and progression of plyometric drills
• Sport specific drills training
• Criteria for return to sport and progression to unrestricted participation

10 mins: Questions

References: