The Effectiveness of Certain Factors on the ACL Rehabilitation Process

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Objectives Tears to the anterior cruciate ligament are debilitating to those who suffer them, as a patient remains dormant while participating in an inevitably painful rehabilitation process. These injuries, most particularly those to the anterior cruciate ligament (ACL), have unfortunately become rather prominent in the world of sports. The recovery process from ACL injuries often require several months of arduous work. As a result, this research was conducted to uncover certain factors that can help physical therapists provide their patients with the most efficient recovery possible from a torn ACL. The more efficient a patient's recovery is, the quicker their recovery is as well.
Methods In order to find what we were looking for, we examined thirty-eight different patients at NY Orthopedics in Scarsdale, New York, recording their gender, age, injuries suffered, visits-per-week, dates of initial evaluation and discharge, graft used, sport played at time of injury, and whether or not they received prehabilitation. After recording patient information on a chart, we examined the data to determine our findings.
Results After our examination, our data yielded two specific factors as the most significant in providing a patient with a speedy recovery. The two factors were age, and whether or not the patient received prehabilitation.
Conclusions In the end, this research revealed that the younger a patient is, the faster they heal from a torn ACL. Additionally, we discovered that prehabilitation, a rather newly instituted technique in the recovery process, does in fact give patients a head start on the rehabilitation process before ACL reconstruction surgery.