

Aspetar clinical practice guideline on rehabilitation after ACLR

Timing and structure

- ✓ pre-operative rehabilitation
- ✓ Unsupervised exercise execution
- ✓ Rehabilitation duration



Modalities

- ✗ Continuous passive motion
- ✓ Cryotherapy
- ✓ Neuromuscular Electrical Stimulation
- ? Electromyographic biofeedback
- ✓ Low load blood flow restriction
- ? Kinesio-tape
- ✗ Dry-needling
- ✗ Whole-body vibration
- ? Local vibration



Return to activities



- ✓ Return to driving
- ✓ Return to running
- ✓ Return to sport

Strength and motor control training

- ✓ Plyometric and agility training
- ✓ Motor control training
- ✓ Isotonic & isokinetic training
- ✓ Concentric & eccentric training
- ✓ Open & closed kinetic chain exercises
- ✗ Cross-education
- ✓ Core stability
- ✓ Aquatic therapy



Exercise initiation

Consider any surgical instructions

- ✓ Active knee motion
- ✓ Early weight-bearing
- ✓ Isometric quadriceps
- ✓ Early eccentric quadriceps
- ✓ Early leg press
- ✓ Open Kinetic Chain



- ✓ recommended
- ✗ not recommended
- ? no recommendation