Anterior cruciate ligament

Evidence-based clinical practice update: practice guidelines for anterior cruciate ligament rehabilitation based on a systematic review and multidisciplinary consensus


Description: These guidelines are published as a 13-page journal article, and provide a summary of the available evidence and recommendations based on nine clinical topics: preoperative predictors for postoperative outcome; effectiveness of physical therapy; open kinetic chain versus closed kinetic chain quadriceps exercises; strength training and neuromuscular training; electrostimulation and electromyographic feedback; cryotherapy; measurements of functional performance; return to play; and risk of reinjuries.

The results are clearly presented, with a short summary of the evidence for each topic, including the levels of evidence based on the EBRO (Dutch evidence-based guideline development) criteria. The recommendations are described as a consensus statement, based on three broad questions regarding: the content of the rehabilitation protocol after ACLR (divided into preoperative and postoperative rehabilitation); measurements and assessments that can be applied to monitor progression and assess outcomes; and criteria that should be used to determine the return to play. The conclusions and recommendations are summarised in Table 6.

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