

ACL RECONSTRUCTION AND MICROFRACTURE



Introduction

A 19 year old female Snowboard athlete sustained an ACL tear and medial and lateral meniscal tear during the sporting activity.

Boarder Cross snowboard is a dynamic sport, including explosive bouts of snowboarding, jumps and turns. However during a race the athletes worst fears were realised when she crashed and diagnostics later confirmed an ACL tear along with medical and lateral meniscal tears.

Upon the diagnosis the athlete elected for surgical intervention to repair the tears.

Goals

- Following release to partial weight-bearing, incorporate de-weighting into rehabilitation protocol
- Develop a progressive return to activity
- Maintain fitness and function during rehabilitation
- Return to participation

Use of the AlterG and progression

Along with traditional medical treatment: modalities, therapeutic exercise and NSAID's, the AlterG Anti-Gravity Treadmill® was added to the treatment protocol.

The athletes full Program duration was set for 20 weeks with incorporation of the AlterG Anti-Gravity Treadmill® incorporated after post-op week 12, when the athlete was cleared for partial weight-bearing.

Gait training was also incorporated into the treatment plan and the athletes feedback was considered prior to each workout.

Considerations

Pain/soreness levels were considered and used to gauge weight percentage and speed. Pain level reported by athlete was not to exceed 4 on a scale of 1-10 during Phase I, and not to exceed 3 on a scale of 1-10 during Phases II-IV.

Results

She achieved the goals of the rehabilitation plan, incorporating a progressive sport specific conditioning plan to transition the athlete to full participation. The AlterG Anti-Gravity Treadmill® was incorporated into the athlete's rehabilitation plan to establish athletic confidence, maintain fitness, manage gait and progressively increase impact on the extremity. The athlete resumed full activity after release from rehabilitation and continued using the AlterG Anti-Gravity Treadmill® as part of the reconditioning and sport specific training program as well as as a injury prevention tool.

The athlete was released for return to sport by the treating physician after 20 weeks of rehabilitation!



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Exclusive distributors of AlterG, as well as many other innovative products to improve fitness, health and recovery, we bring an outstanding service for our customers.

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