

PreHab in revision Anterior Cruciate Ligament (ACL) reconstruction surgery- Need of the hour

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Abstract

It is important to utilize the crucial time period between a confirmed ligament tear and the surgery. During this period, focus should be on reducing the swelling, gaining full range of motion, building up strength, improving proprioception and normalizing the gait pattern. A PreHab program will help minimize the effects of injury and ensure a good recovery post operatively. Studies have demonstrated that the effects of prehabilitation were even sustained up to 12 weeks post-op.

We evaluated a 33 year old female with a complete ACL tear 5 years after her first ACL ligament surgery. A 6 week PreHab program focussed on range of motion exercises, edema reducing maneuvers, strength & co-ordination training and obtaining limb symmetry was followed.

Conclusion- The 6 week PreHab program helped reduce knee swelling, improved the knee range of motion, strength, single leg support time and function based on the modified Cincinnati score. A PreHab program is highly recommended for patients awaiting revision ACL surgery; however, further studies are warranted.

Article Information

Conference Proceedings: World Congress on Nursing & Healthcare (Paris)

Conference date: October 28-29, 2020

[Inovineconferences.com](http://inovineconferences.com)

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Citation: Faqih A (2020) PreHab in revision Anterior Cruciate Ligament (ACL) reconstruction surgery- Need of the hour. J Pediat Infants.

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