

Effects of Rehabilitation Program on ACL Injuries of Knee Joints in Young Adults

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Abstract

Background: The Knee is the largest and most complex joint in the body and it is the most frequently injured joint in which ligamentous injuries occur most commonly. Among them anterior cruciate ligament (ACL) is the most commonly injured ligament. Surgical reconstruction of which is not without risk. In this situation, conservative rehabilitation in the form of physiotherapy offers hope. Hence the present study was planned to find out the effect of rehabilitation program on ACL injuries. **Materials & Methods:** A total of 61 patients with knee problems diagnosed for ACL injury referred to physiotherapy department were included in the study. The Lysholm score was used to rate the subjective complaints. Exercises advised were Isometric Quadriceps exercise, Active knee extension and strengthening exercises to quadriceps and hamstrings. **Results:** Experiment group participants attended the pre-injury status after treatment in comparison to control group but somehow symptoms observed after vigorous activities in both the groups. **Conclusion:** Pain free functional activities can be achieved by rehabilitation programs although vigorous activities are somehow not symptom free, which need precautions to prevent recurrence of injury.