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Clinical Decision Making in the Rehabilitation Process of a Post- Operative ACL Repair

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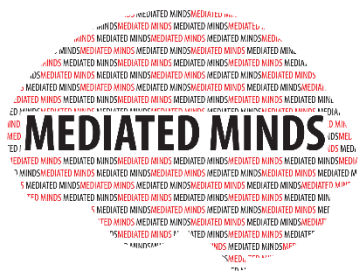
Abstract — In this presentation, I will explain the basic anatomy of the anterior cruciate ligament and how clinical reasoning is utilized in overcoming potential post-operative complications. This will be done through the comparison of a standard rehabilitation protocol and my own personal experience working with a post-operative ACL patient as an intern in a physical therapy setting.

I. INTRODUCTION

Despite anterior cruciate ligament injuries being fairly common in sports, many do not know the general structure and function of the ACL. By knowing the basic anatomy and physiology associated with the ACL, one can begin to understand how crucial standard protocols are in treating post-operative patients. During the rehabilitation process it is common for complications to present themselves and clinical reasoning must be used to continue progress and recovery. The best way to develop and strengthen this skill is by exposure through hands-on learning with patients in a clinical setting.

II. FINDINGS

1. To give a brief overview and explanation of the basic anatomy and physiology associated with the ACL.
2. To explain the general process and indicators used in typical post-op ACL rehab in a formal physical therapy setting.
3. The importance of clinical reasoning and its role in recognizing and overcoming potential complications. Standard protocols are written as guidelines for successful outcomes. If complications arise, changes must be made to properly suite the situation and conditions.
4. Hands-on time in a clinical setting allows students to utilize knowledge and skills



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learned in the classroom in a safe environment. The process of practicing techniques and gaining confidence in using these skills can only be obtained by physical repetition and training.