

Dr. Daniel Benoit and Dr. Sasha Carsen

"Current practice in post-operative ACL rehabilitation and assessment in Canada: a survey of physiotherapists and physicians"

The number of pediatric knee injuries, and in particular Anterior Cruciate Ligament (ACL) tears, has continued to rise steeply in recent years, most of all in young females who as a demographic have increasing levels of competitive sports participation and a higher inherent risk of ACL injury. Aside from having increasing injury rates, the risk of ACL re-rupture post-surgical reconstruction or tear in the contra-lateral knee is exponentially higher than in adult post-operative patients. Related to this, while evidence-based guidelines have been developed for the post-operative rehabilitation in adults, the same cannot be said for pediatric patients. There is significant variability in approaches to post-operative rehabilitation and assessment of readiness to return to activities and sports in this high-risk population, and our study aims to better understand current practices across Canada. Surveys detailing the areas of greatest importance and concern regarding rehabilitation principles, stages, and quantifiable outcomes, as well as their relative significance, will be distributed to physiotherapists as well as orthopaedic surgeons who regularly treat this demographic. The results will help us to better understand the current state of practice as we aim to improve both the available evidence as well as appropriate dissemination and translation to common use.