



POST-OP ACLR in ATHLETES

Mechanism of Injury:

1. DIRECT INJURY
2. INDIRECT INJURY



REHAB PHASE:

1. ACUTE PHASE (0-2 weeks)
2. SUBACUTE PHASE (3-5 weeks)
3. INTERMITTENT PHASE (5-8 weeks)
4. ADVANCE PHASE (8-12 weeks)



PSYCHOLOGICAL MORBIDITIES OF LONG-TERM REHAB:

- ANXIETY
- DEPRESSION
- KINESIOPHOBIA
- PTSD



INTERDISCIPLINARY INTERVENTIONS

1. Physiotherapist
2. Sports Medicine Physicians
3. Nutritionist
4. Psychologist
5. S&C Professionals



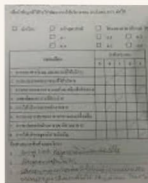
Psychological intervention:

- Self motivation
- Coping
- Optimism
- Self-Efficacy
- Fear-Avoidance of Re-injury



PSYCHOLOGICAL questionnaires :

- ERAIQ
- TAMPA scale of KINESIOPHOBIA
- Sports Injury Rehabilitation Beliefs Survey
- ACL-QoL



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