

2013 ASEAN
ARTHROSCOPY & SPORTS MEDICINE
CONGRESS
 6 > 9 NOVEMBER
 Hilton Kuala Lumpur

Final Announcement

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Organised By:

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Title: Advanced Stage and Return to Play After ACL Reconstruction.

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Basic principles for return to sports after ACL Reconstruction are as follows: there is no knee pain or swelling; full range of knee motion is achieved, knee muscle strength, endurance and functional use of the leg is fully restored.

Different authorities recommend different time durations to return to sport. For example Shelbourne (Indiana) champions closely supervised post ACL rehabilitation enabling early return to sport within 4 to 6 months. Usage of patellar tendon graft for ACL is purportedly successful for early return to sport. Others in view of problems by patellar tendon grafts though not widespread advocate the use of hamstrings graft with similar closely supervised post ACL rehabilitation with return to sport after 1 year. However this is not as easy as it seems as different individuals have varying degrees of tolerance, presence of preexisting knee cartilage damage, pre-existing patellofemoral pain limits as a rule the majority of athletes to return to sport as early as 4 months. In these cases , it is more likely that patients are counseled the reality of the limitations of ACL reconstruction surgery with potential or persistent knee problems that may arise when higher sports performances are involved.

Factors of newer advances on theory of good tunnel placement, good fixation devices eg endobutton, CPM machine, the CryoCuff, good medical centre facilities eg regular and accessible physiotherapy monitoring have enabled athletes with sufficient discipline and positive mental attitude to return to sport as early as 4 months. The contention for early return to sport are as follows: For many patients, there is no reason to restrict strength and motion when there is no knee pain or swelling. This is where one can pursue the rapid progression to achieve almost symmetrical motion and strength for each leg. The theoretical patellar tendon graft bone to bone healing time is 6 weeks. It is in these groups early return to sport is more successful. This compared to hamstrings graft for ACL : the soft tissue to bone healing time is 10 to 12 weeks. In conclusion, the post operation ACL rehabilitation should not be considered as a size to fit all or everybody. Factors to consider and slow down are the patient's motivation, tolerance, preexisting knee problems, medical centre facility accessibility and surgical technique.

7 November 2013

Day One

Start - End

Topic

Speaker

REHABILITATION FOR KNEE INJURIES

Chairperson: Dr Rozaiman Ebrahim

1400 - 1420	Principle Of Biomechanics Of The Knee In Relation To Rehabilitation - Focus On Eccentric And Proprioception	Prof Dr Jim Richards
1420 - 1440	Post-Operative Rehabilitation After ACL Reconstruction - Supervised Vs Home Exercise Program (HEP)	Dr Mohd Zaidi Saleh
1440 - 1500	Advance Stage & Return To Play After ACL Reconstruction	Prof Dr Mohamed Razif B Mohamed Ali Razif Ali, Ng Wm, Zubair A, Khalid Enour University Malaya Medical Centre
1500 - 1520	Post-Operative Rehabilitation For PCL Injuries	Dr Arshad Puji
1520 - 1530	Q & A	All speakers