

Does preoperative anterior cruciate ligament rehabilitation produce superior outcomes before and after reconstructive surgery compared to current care

ACTRN12618001382268

Status	RECRUITING
Sponsor	Auckland University of Technology
Enrollment	120 participants

Plain Language Summary

Tearing the anterior cruciate ligament (ACL) — one of the main stabilising ligaments in the knee — is a common and often devastating sports injury. Surgery to reconstruct the ACL is frequently recommended, but outcomes vary significantly between patients. One factor that affects post-operative recovery is the strength of the quadriceps muscles at the time of surgery — and many patients have significantly weakened quads by the time they go into theatre.

This study is testing whether six weeks of targeted pre-operative rehabilitation (called 'prehab') improves quadriceps strength before surgery, and whether those strength gains also translate into better recovery after reconstruction. Participants will be randomly assigned to either complete the prehab program before their surgery or to follow current standard care (no prehab).

You may be eligible if you are aged 18 to 50, have been diagnosed with a primary ACL tear by a surgeon and MRI scan, are awaiting reconstructive surgery, and have an ACC injury claim registered in New Zealand. You would not be eligible if you have had a serious injury to the other knee or cannot participate in an exercise program.

Key Eligibility Criteria

Inclusion (5)

- Diagnosed with a primary unilateral ACL by Surgeon and MRI
- Awaiting reconstructive surgery
- Referred for physiotherapy
- 18-50 years of age
- Injury claim lodged and registered with the ACC

Exclusion (3)

- History of significant contralateral knee injury, fracture, full thickness chondral injury,
- symptomatic meniscal injury.
- Unable to undertake an exercise programme

Locations (1 total)

Auckland, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001382268>

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