

# Mindfulness and ACL Surgery

NCT05542563

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Wisconsin, Madison
<b>Enrollment</b>	200 participants

## Key Eligibility Criteria

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### Inclusion (3)

- years old at the time of the pre-operative visit
- Regular access to a mobile device compatible with the Healthy Minds Program (HMP) App (Android or iOS)
- Undergoing ACL surgery

### Exclusion (5)

- Prior diagnosis of serious mental illness (schizophrenia, bipolar disorder, schizoaffective disorder, etc).
- Significant prior experience with meditation or mindfulness, defined as greater than 30 minutes in a month during the past year
- Knee injury requiring multi-ligament reconstruction
- Prior ipsilateral knee surgery
- Prior contralateral ACL reconstruction

## Locations (1 total)

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University of Wisconsin, Madison, Wisconsin, United States