

# Effect of Early Gait Training on Knee Cartilage Degeneration After Anterior Cruciate Ligament Reconstruction

NCT06368544

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Peking University Third Hospital
Enrollment	60 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Patients with ACL rupture were diagnosed by MRI;
- Unilateral ACL rupture for the first time should be performed in our hospital (Department of Sports Medicine, Peking University Third Hospital)The art of reconstruction;
- Normal BMI range: 18.5-23.9 kg/m<sup>2</sup>;
- Within 6 months from the trauma;
- The affected knee joint has passed the acute stage, no obvious redness, pain,inflammation, and limited joint motion,basically restore joint motion.

### Exclusion (8)

- BMI<18.5 kg/m<sup>2</sup> or BMI≥24 kg/m<sup>2</sup>);
- There is a history of contralateral lower limb musculoskeletal system injury and surgery;
- ACL injury time > 6 months;
- Outerbridge damage rating b and c;
- Patients with meniscal tears who are expected to undergo meniscal suture surgery at the time of ACLR surgery;
- ... and 3 more (see full listing online)

## Locations (1 total)

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Peking University Third Hospital, Beijing, China