

# Exercise With Audible Cues on Motor Unit Behavior in Athletes With Anterior Cruciate Ligament Reconstruction

NCT06662955

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Mahidol University
Enrollment	40 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Male or female participants who receive primary ACL reconstruction within 2 weeks with or without meniscus repair
- No or mild resting pain (Numeric rating scale d 3)
- Reconstruction procedures using autograft including hamstrings or bone-patella bone grafts
- Age range 18-35 years (33).
- BMI of 18.5-25 kg/m<sup>2</sup> (34).

... and 1 more (see full listing online)

### Exclusion (7)

- Non-weight bearing within 2 weeks after the operation (prescription from surgeon)
- Hearing problem, such as being unable to hear the metronome sound or being unable to synchronize exercises with the metronome correctly
- Limitations in knee extension range caused by joint stiffness evaluated by using passive knee range of motion
- Unable to perform active and passive e 30° knee flexion on the operative side
- History of serious injury or operation of lower back and lower extremities such as fracture

... and 2 more (see full listing online)

## Locations (1 total)

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Faculty of Physical Therapy, Mahidol University, Salaya, Changwat Nakhon Pathom, Thailand