

# Effects of Eccentric Training in the Rehabilitation of Patients Undergoing Anterior Cruciate Ligament Reconstruction: a Randomized Controlled Trial

NCT06905691

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Federal University of Health Science of Porto Alegre
<b>Enrollment</b>	34 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Individuals of both genders, aged between 18 and 40 years, scheduled for ACL reconstruction surgery during the data collection period.

### Exclusion (2)

- Delay of more than 7 days after surgery to initiate the rehabilitation program proposed by the study;
- Presence of injuries related to the rupture of the ACL that hinder partial weight-bearing in the first week after surgery, either due to medical recommendation or the patient inability/disposition.

## Locations (2 total)

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Private Rehabilitation Center, Veranópolis, Rio Grande do Sul, Brazil  
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