

ACL Reconstruction Rehabilitation With Exercise and Psychological Support

NCT06991192

Status	RECRUITING
Phase	Not Applicable
Sponsor	HealthPartners Institute
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (7)

- Age 15 to 21 years at the time of surgery;
- Pre-injury Tegner Activity Rating 6 to 5 (5=recreational sports, 10=elite sports);
- Sports participation at least 100 hours/year prior to injury;
- Intent to resume a pre-injury sport that requires cutting, jumping, or pivoting;
- ACL reconstruction performed 6 months from injury;
- ... and 2 more (see full listing online)

Exclusion (3)

- Previous ACL injury or surgery to either limb;
- Concomitant ligamentous injury > Grade II or requiring surgery; and
- Surgical procedure to articular cartilage requiring non-weight-bearing after surgery.

Locations (1 total)

TRIA, Bloomington, Minnesota, United States