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Clinical outcomes of self-administrated, well-structured home-based rehabilitation after ACL reconstruction

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In order to investigate the clinical outcomes of early, self-administrated, well-structured and extensive home based rehabilitation after ACL reconstruction, a descriptive case series was conducted. The study included 50 participants between the ages of 22-38 years who had received the home based rehabilitation with weekly follow up to physiotherapy clinic after bone-patellar tendon-bone (BPTB) graft anterior cruciate ligament (ACL) reconstruction. The rehabilitation protocol was muscle strength training, joint mobility training, cryotherapy, and gait reeducation. The measured outcomes were VAS, knee ROM, anterior posterior knee stability, balance, strength, and post-operative complications. The mean age was 30.2±5.1 years (range 22-38 years). 99% patients reported no pain while 1% reported mild pain during rest or activity. Of the 50 respondents, the knee ROM of the 46 (92%) subjects were 0-130, and 4 (8%) subjects were < 100. The anterior-posterior stability of 96 % participants was <3 mm, 3%>3-5 mm and 1%>5 mm. Of 50 participants, 3% were reported with postoperative complications. The home based exercise plan, the participants improved significantly in strength, pain, range of motion, gait and balance. The results clearly indicate that early, well-structured and extensive home based rehabilitation after ACL reconstruction significantly improves the clinical outcomes. In addition, the post-operative complications and level of disability was also reported very low. Obviously, home based rehabilitation also provides the cost effectiveness which is appreciated in the developing countries.

Recent publications

1. Shahzada Junaid Amin (2017) Curriculum trends in physiotherapy institutions of Saudi Arabia. Journal of Physiotherapy and Sports Medicine 6(2):17.
2. Shahzada Junaid Amin (2015) Sources and perceived level of stress among health students – Example from Saudi Arabia. Foundation University Medical Journal (FUMJ), Special Issues 20:15.
3. Shahzada Junaid Amin (2012) Perception of physical therapists about professional growth and development in developing countries – example from Pakistan. Journal of Physiotherapy and Sports Medicine 2 (2):15

Biography

Shahzada Junaid Amin is an Educationist at University of Hail, Saudi Arabia. He holds a Doctor of Physical therapy and Master's degree in Health Professional Education (MHPE). Previously, he has served different academic and clinical institutions in Pakistan. He has been involved with various roles like Educationist, Clinician and Research Supervisor during his professional career. He has presented his research work in national and international events. He has published papers in reputed journals and has is also an Editorial Board Member of scholarly peer reviewed international journals. He has research interest in Orthopedic and Sports PT, Geriatrics, Teaching and Learning, Assessment, and Educational Technology.

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