

## **Rehabilitation Post ACL Reconstruction : Then And Now**

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One of the most profound changes seen in more than a decades of treating both professional and everyday athletes is in the understanding, prevention, and treatment of anterior cruciate ligament (ACL) injuries, some of the most frequent injuries occurring in nearly every sport. Sports physician and physiotherapist had witnessed a substantial evolution in the treatment of ACL injuries. In those old days, ACL injuries were often missed diagnostically, treated relatively poorly, or not treated at all.

In the 1970's, an athlete who had undergone ACL surgery was required to wear a cast and not move their leg for six weeks. As a result, the ligament often remained loose and did not stabilize the knee. In addition, when the cast was removed, the knee joint was very weak and stiff.

Today, however, we know that a knee that lacks motion has a greater propensity to get arthritis, so achieving motion right away is important to prevent that. Athletes who undergo this procedure can move their knee immediately after surgery and return home the same day. Active rehabilitation begins as soon as possible. In about six months, the majority of sportspeople can actively participate in sports again, including contact sports like football.