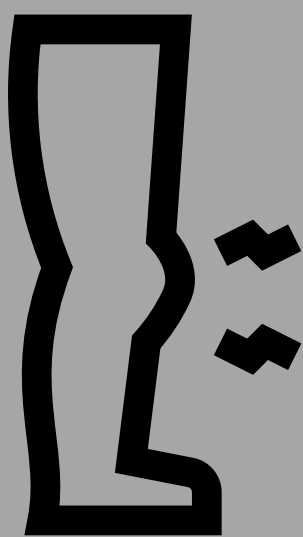


# PROMOTING OPTIMAL PHYSICAL ACTIVITY FOLLOWING ACLR

## DEFICITS IN PHYSICAL ACTIVITY POST- ACLR

- Less time in daily moderate to vigorous physical activity (MVPA) & lower step counts
  - Continued 8+ years
  - More significant in females
- Patients overestimating own activity behavior
  - Report high knee function with low pain
    - Measures show low physical activity



## EFFECTS OF DEFICITS

- ↓ MVPA = poorer self-reported knee function
- ↓ MVPA = increased risk of chronic disease & premature mortality
- ↑ risk for PTOA & future TKA
- Many individuals not returning to sport
  - Many NOT staying in once returned

## RECOMMENDATION FOR PATIENTS

- Identify & address risk factors
- Promote physical activity guidelines
- Educate on future risk with sports and occupation
- Facilitate adherence to future physical activity
- Consider individuals' attitudes & beliefs
- Follow-up with patient following discharge



## CHILDREN & ADOLESCENTS PHYSICAL ACTIVITY GUIDELINES

- 60 minutes+ MVPA/day
  - Aerobic: 60 minutes+, 3x/week
  - Muscle strengthening: 60 minutes+, 3 days/week
  - Bone strengthening: 60 minutes+, 3 days/week

## ADULT PHYSICAL ACTIVITY GUIDELINES

- 150 to 300 minutes moderate activity/weekly
- 75 to 150 minutes vigorous activity/weekly
- Muscle strengthening: 2x/week
- Step count: 7000-8000 steps/day



## IMPLEMENTATION FOR ACLR PATIENTS

- Create time for discussion early on
- Educate: give patient tools
  - Examples, progressions, regressions
- Utilize resources, i.e. fitness device technology
- Remove barriers
- Play to individual interests
- Address attitudes & beliefs
- Aftercare: follow up after discharge to offer help & suggestions as needed

# PHYSICAL ACTIVITY EXAMPLES



Muscle  
Strengthening  
& Aerobic Activity

Aerobic Activity



Aerobic Activity &  
Potential Muscle  
Strengthening  
(lifting/carrying)

Muscle  
Strengthening, Bone  
Strengthening, &  
Aerobic Activity



Muscle  
Strengthening  
& Aerobic Activity

Muscle & Bone  
Strengthening  
Activity with  
Stretching



Muscle  
Strengthening  
& Aerobic Activity