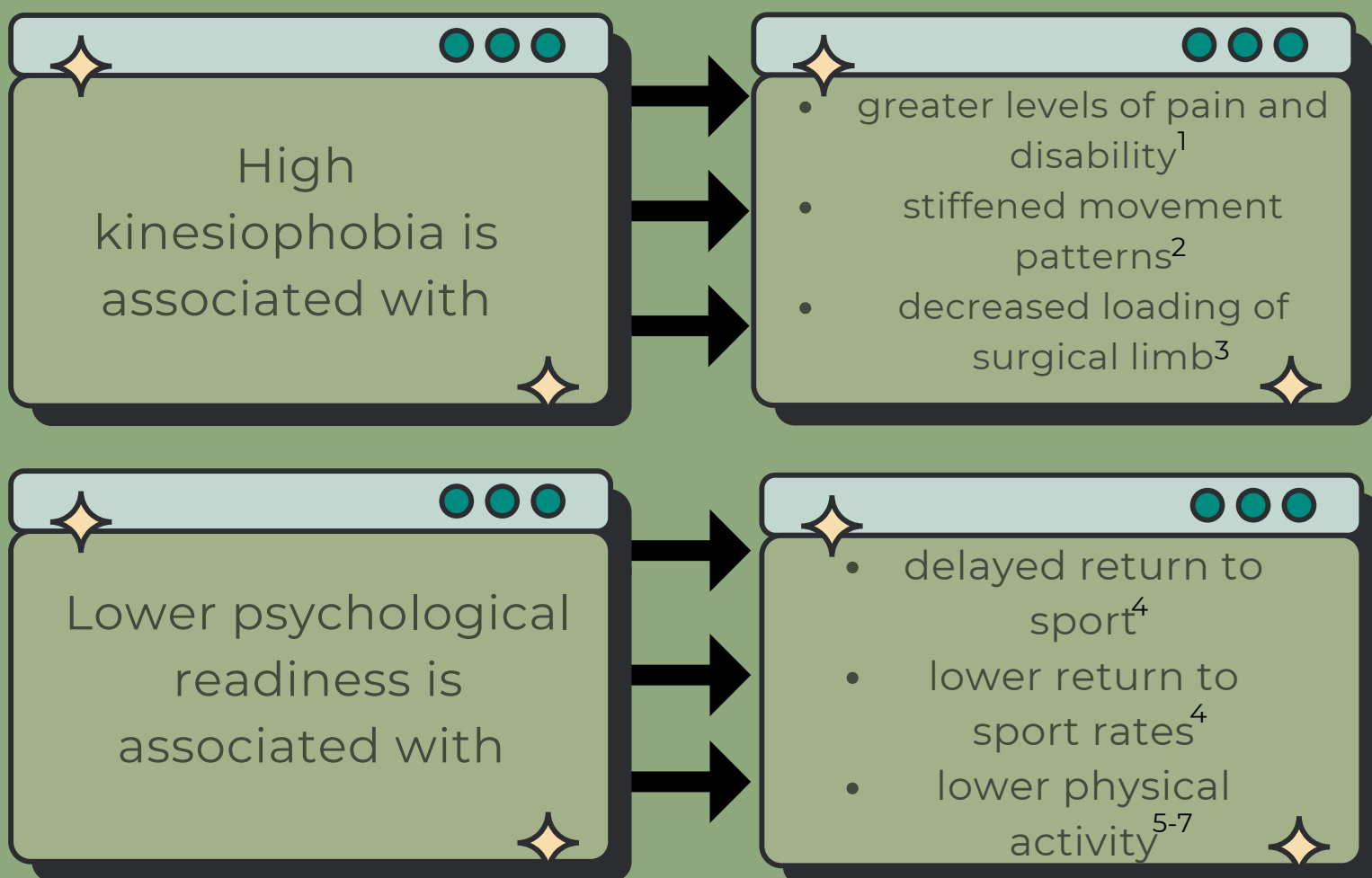


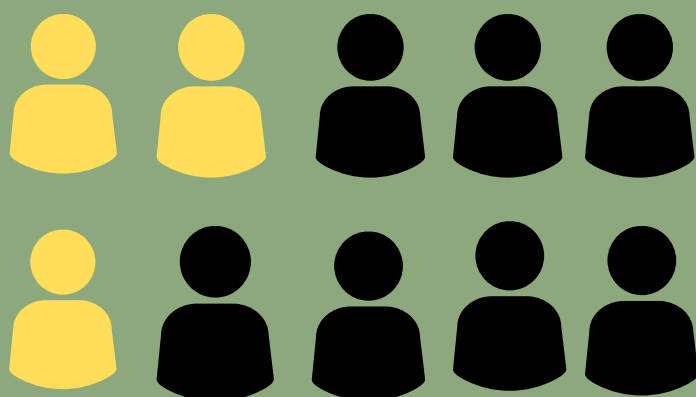
WHY ADDRESSING KINESIOPHOBIA IN ACLR POPULATION MATTERS

fear of movement due to a feeling of vulnerability to painful injury or reinjury¹



30%

of patients after primary ACLR go on to have a secondary ACL injury⁸



Prior experience with ACLR *does not* decrease kinesiophobia!

Address kinesiophobia directly and intentionally throughout treatment⁹

Ex: Graded Exposure Therapy Progression

DL Vert. Jump --> DL Fwd Hop
--> SL Vert. Jump --> SL Fwd Hop

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