ACL Reconstruction: *Return to Sport Assessment*

The timing of your return to sport (RTS) after your anterior cruciate ligament reconstruction (ACLR) is very individual. While existing evidence suggests a reduced re-injury rate in those that RTS after a set time period **(minimum 9 months)**, first and foremost it is still heavily dictated by a range of physical and psychological criteria that must be met. Ensuring these criteria are met will not only **improve your performance,** but most importantly **reduce your risk of re-injuring your knee**.

A significant number of patients that undergo knee ACL Reconstruction may go on to re-tear the new ligament (or the ACL in the other knee). While this may sound alarming, there is a clear and well documented link between re-injury and not attaining adequate strength and functional symmetry prior to embarking on these activities. **Patients who return to play without successfully completing a formal return to play assessment have a 4 TIMES increased risk of injury.**

The testing session you have been referred for at the HFRC Rehabilitation Clinic is designed to provide valuable information on your readiness to return to play. While you may feel physically and mentally ready, **there is often a significant disconnect between 'patient-perceived' and 'actual' physical performance.** This evaluation will provide an independent, objective series of measures of your current post-operative progress.

Dr D'Alessandro will refer you for a RTS evaluations as early as 6 months post-surgery, with subsequent sessions (for example 9 and/or 12 months) dictated by your progress.

- ***6 months post-surgery*** (high risk/complex injury patients) – to determine your current progress and **identify physical deficits** that may be present, thereby also permitting some targeted guidance on your ongoing rehabilitation **(this is not to take the place of your own therapist, rather additional information to ensure ideal progression moving forward).**

- ***9-12 months post-surgery*** (or **once your physiotherapist feels you are 'ready')** to return to sport, to provide an **independent evaluation** to ensure that appropriate progress is being made and you have achieved all required milestones **prior to returning to play**

In order to be best prepared for the session please remember to:

- Avoid anything too strenuous prior to the session.
- Bring shoes and comfortable activity-related clothing to undertake the physical tests.
- Keep in mind that these assessments are designed to test varied aspects of your strength and functional capacity, all essential pre-requisites for a safer transition back to your sport.

Upon completion of the session, **a report will be written and sent to Dr D'Alessandro and your physiotherapist who will work together** (with your club if applicable) **to determine your readiness to return.** Don't worry if you don't 'pass' the test at first attempt- this is common, and will help guide a **targeted** final rehab phase that will increase your chances of a successful return to play.

To book your assessment, or if you need further information on the purpose and content of the assessment, please call **HFRC Rehabilitation Clinic on 93869961 or email: contact@hfrc.com.au**