

Andrew's Institute Sports Medicine Lecture Series  
 “Practical Application to Training Athletes Post-ACL Reconstruction”  
 Jacob Rivera, CSCS

### Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 1 hour to complete the activity.

Participants may work at their own pace.

### Teaching Methods

This online enduring material uses the following teaching methods and media:

1. Lecture (audio/videotaped)
2. PowerPoint Presentation

### Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

### CME Enduring Material Description, Target Audience and Needs Statement

Sports medicine is an evolving discipline in which experience of a multigenerational factor can shed new information and knowledge on how to properly identify, manage and prevent common injury types seen in sports medicine today. This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence-based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real world cases.

### Objectives

At the end of this online enduring material, participants should be able to:

- Discuss the return to sport timeline and training system utilized when training athletes returning to sport after ACL surgery.
- Discuss exercise progressions utilized across multiple phases in the weight room.
- Introduce exercise progressions utilized across multiple phases as it relates to impact, return to running, plyometrics, speed, and also agility.

### For Further Study

- Bien, D. P. (2011). Rationale and Implementation of Anterior Cruciate Ligament Injury Prevention Warm-Up Programs in Female Athletes. *Journal of Strength and Conditioning Research*, 25(1), 271-285. doi:10.1519/jsc.0b013e3181fb4a5a
- Bisciotti, G. N., Chamari, K., Cena, E., Carimati, G., & Volpi, P. (2016). ACL injury in football: A literature overview of the prevention program. *Muscles, Ligaments and Tendons Journal*, 6(4), 473-479. doi:10.11138/mltj/2016.6.4.473
- Irmischer, B. S., Harris, C., Pfeiffer, R. P., Debeliso, M. A., Adams, K. J., & Shea, K. G. (2004). Effects Of A Knee Ligament Injury Prevention Exercise Program On Impact Forces In Women. *Journal of Strength and Conditioning Research*, 18(4), 703-707. doi:10.1519/00124278-200411000-00003
- Kyritsis P, Bahr, R., Landreau, P., Miladi, R., & Witvrouw, E. (2016). Likelihood of ACL graft rupture: not meeting six clinical discharge criteria before return to sport is associated with a four times greater risk of rupture. *British Journal of Sports Medicine*, 50, 946-951. doi:10.1136/bjsports-2015-095908
- Hewett T., Ford K.R., Hoogenboom B.J., & Myer G.D. (2010). Understanding and Preventing ACL Injuries: Current Biomechanical and Epidemiologic Considerations - Update 2010. *North American Journal of Sports Physical Therapy*, 5(4), 234-251.
- Joseph, A. M., Collins, C. L., Henke, N. M., Yard, E. E., Fields, S. K., & Comstock, R. D. (2013). A Multisport Epidemiologic Comparison of Anterior Cruciate Ligament Injuries in High School Athletics. *Journal of Athletic Training*, 48(6), 810-817. doi:10.4085/1062-6050-48.6.03
- Mihata, L., Beutler, A., & Boden, B. (2006). Comparing the Incidence of Anterior Cruciate Ligament Injury in Collegiate Lacrosse, Soccer, and Basketball Players. *The American Journal of Sports Medicine*, 34(6), 899-904. doi:10.1177/0363546505285582.
- Noyes, F. R., & Westin, S. D. (2011). Anterior Cruciate Ligament Injury Prevention Training in Female Athletes. *Sports Health: A Multidisciplinary Approach*, 4(1), 36-46. doi:10.1177/1941738111430203
- Hewett T., Ford K.R., Hoogenboom B.J., & Myer G.D. (2010). Understanding and Preventing ACL Injuries: Current Biomechanical and Epidemiologic Considerations - Update 2010. *North American Journal of Sports Physical Therapy*, 5(4), 234-251.
- Paterno, M.V., Rauh, M.J., Schmitt, L.C., Ford, K.R., & Hewett, T.E. (2014). Incidence of Second ACL Injuries 2 Years After Primary ACL Reconstruction and Return to Sport. *The American Journal of Sports Medicine*, 42(7), 1567-1573. doi:10.1177/0363546514530088



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### Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support, all presenters, authors and planners must disclose to the participants of an educational activity any relevant financial relationships they may have with *a commercial interest, i.e., any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients* related to the content of this CME activity.

The course director, Troy Smurawa, MD, has no relevant financial relationships with a commercial interest related to the content of this CME activity.

The speaker, Jacob Rivera, has no relevant financial relationships with a commercial interest related to the content of this CME activity.

The CME planners and staff have no relevant financial relationships with a commercial interest related to the content of this CME activity.

### Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of *1 AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Release and Termination Dates

Original release date: March 29, 2021

Review date: March 29, 2021

Termination date: March 29, 2023

### Hardware/Software Requirements

Internet; Media Player; Audio

### For more information or questions

CME: 214-456-5168 or [CME@Childrens.com](mailto:CME@Childrens.com)