



## Recent *ACL Injury?*

*Looking to return to your sport or job  
as soon as possible? Ready for surgery  
or hoping to avoid it?*



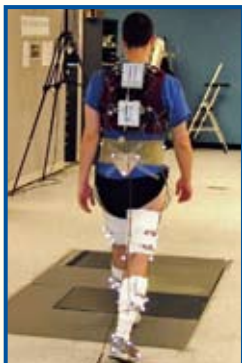
The University of Delaware is currently conducting studies that evaluate the effects of our specialized neuromuscular training program on the knee function of highly active individuals.

## Who is eligible for these studies?

Active individuals or athletes between the ages of 13-55 who have sustained a recent ACL injury.

## What is involved?

- A complete physical therapy evaluation that evaluates your range of motion, strength, and knee function
- A screening examination that assists clinicians in identifying ACL deficient athletes who may be candidates for non-operative management
- A subset of participants will undergo gait analysis to examine how their legs and muscles are working to stabilize the injured knee
- Electrical stimulation to help restore your muscle strength after surgery



## What are the benefits of participation?

- Evidence-based physical therapy, both before and after surgery, that is coordinated with your surgeon to meet your specific needs and goals
- Limited out-of-pocket physical therapy expenses
- \$50 compensation for those patients who qualify for the gait analysis testing
- Regular functional reassessments to determine progress towards your return to activity goals

## How can I get more information?

Contact our research coordinator:

Martha Callahan

***302.831.6202***

If you would like to contact the physical therapists working on these projects, call ***302.831.8667*** and ask for Dave, Andrew, or Stephanie.



**College of Health Sciences  
Physical Therapy Clinic**

**053 McKinly Lab  
Newark, DE 19716**

**302.831.8893 *p*  
302.831.4468 *f***

**[www.udel.edu/PT](http://www.udel.edu/PT)**