Researching ACL REHABILITATION
How does REHABILITATION improve your mobility?

The Delaware Rehabilitation Institute (DRI) is working hard to advance the science of physical rehabilitation. If you have undergone ACL reconstructive surgery, you can help with this study.

Volunteers who participate in our clinical research project will help us evaluate the effects of specialized neuromuscular training on knee function of highly active individuals following ACL reconstructive surgery. Our findings will help us improve future rehabilitation guidelines involving physical therapy.

• NO OUT OF POCKET EXPENSES
• DYNAMIC TRAINING SESSIONS
• MOBILITY EVALUATION
• MONETARY COMPENSATION
Help us learn more about ACL rehabilitation.

WHO IS ELIGIBLE TO PARTICIPATE?

We are looking for active individuals 13–55 years old who have had ACL reconstructive surgery within the last year. Potential candidates for the study will be evaluated by a DRI physical therapist to determine study eligibility.

WHAT IS INVOLVED?

Each eligible participant will:

- **Receive 10 training sessions** that include knee strengthening exercises and sports-specific agility training
- **Complete functional testing** that measure muscle strength and ability to hop
- **Complete questionnaires about your knee function** and ability to perform activities of daily and sports-specific activities
- **Complete gait analysis** to examine how his/her legs and muscles are working to stabilize the newly reconstructed knee

All sessions are conducted with a licensed and DRI-staffed physical therapist.

All studies will be performed using Delaware Rehabilitation Institute’s resources at the University of Delaware in Newark, Delaware.

PATIENT BENEFITS

- **Once enrolled, no out-of-pocket expenses** for any physical therapy treatments
- **Dynamic training program** in preparation for returning to playing sports
- **$100 compensation** for motion analysis sessions and functional testing
- **Regular functional reassessment** to determine when playing sports again is appropriate

HOW DO I BEGIN?

Please contact Martha Callahan. She can answer any questions you have or schedule you for participation in this study.

UDPTResearch@udel.edu | (302) 831-6202
Conveniently located on the University of Delaware campus. Please scan the QR code for detailed directions.