

Presented by:
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664 RTP after ACLR Full

0:56 1985 Fellowship with Dr. Andrews (Dr. Houston, Bill Clancy MD, James Andrews MD, Werner Müller MD, Richard B. Caspari MD)
2:05 1985 First Female Orthopaedic Fellows (Chris Kaga, Fredrick C Flandry)
2:23 Concept of Rotary Instability –Hughston JC, Andrews JR, Cross MJ, Moschi A: Classification of knee ligament instabilities Part 1. The medial compartment and cruciate ligaments. Part 2: The lateral compartment. J Bone Joint Surg Am 1976;58:173–179.
4:18 We've Come A Long Way From Extraarticular to Intraarticular
6:00 Failed Goretex ACL Reconstruction – Complications With Staph
7:18 John Feagin MD & Martha Murray MD Future of ACL Repair And Detection Of Arthrosis – <http://www.childrenshospital.org>
8:24 Clinical Trials At Boston Children's, Repair is Possible! (Martha M. Murray MD)
10:46 Arthroscopically Aided Open Proximal MCL Repair Video
12:06 Grade 3 Proximal MCL and ACL Tear
13:18 Functional Pivot Shift Bone Bruise Pattern
14:40 Successful ACLR – short and long term
16:52 ACLR Creating a stable knee, why does RTP matter
18:12 AAOS New Health Checklist Survey
19:59 Quality and Variability of Physical Therapy & protocols for ACL Reconstruction Not supported evidence based articles (Rush Medical Center, Chicago IL)
21:06 Important Factor in Successful RTP
21:24 Best tests to do to predict RPT Safely
22:17 Functional Assessment tests – Basic vs Advanced
22:53 Tests done to determine readiness for return to play
23:17 Functional Assessment Level 2: Return to play
23:51 Grading scale 0–3 & Assessment
24:23 Level to clearance for sports
25:02 Functional Assessment Video – Dynamic Trendelenburg
27:07 Go further upstream look at the trunk, Trunk Sidebending Angle at Early Stance
29:02 Front and Side Planks Video
29:47 Trunk Control Video
30:28 BioMotion Lab (Brian Noehren <https://www.facebook.com/biomotionlab>)
31:22 Month Clinical Tests – Isometric Quadriceps, Y-Balance Anterior Reach, Single Leg Step Down
31:35 How we assessed this: 3–6 Months

31:58 Early Predictors of Long Term Function
32:41 How Many Step Downs in 60 sec? – ACLR Slide, Normal Side, and Normal Control
33:38 Single Step Down Test – Clinical Pearls and Precautions
34:12 Early Predictors of Long Term Function – Timed Step Down Test
35:09 Another Potential Use for the Single Step Down Test – Hip Adduction & Pelvic Drop
36:12 Which Best Predicts Hop Test Performance – Hip or Knee Strength? The Hip!
37:11 Hop Test Normalize Over Time? NO
38:05 Functional Movement Screen
39:22 Return to Play (RTP) What Do We Know?
40:16 How are We Doing in RTP & Cleared to Play? Results of Gait studies A Year Post ACLR:
40:51 How to Get Quadriceps Back?
41:06 Open chain Extension Machines Safe or Sorry? (Dr.Gideon Ariel)
42:11 How to best get Quadriceps Back
43:00 Eccentric Quad – Safe Or Sorry?
43:47 KAATSU
44:22 10 Months R ACLR Video
45:17 10 Months Right ACLR Full Sports – Right & Left
46:04 Not So Well..
46:30 Injury Prevention–ACL Tear Simple as: ABC’s
46:53 Position of No Return – Valgus Collapse
47:49 Basketball: non-contact, unexpected, not thinking Video
48:30 How do we teach athletes to land in a safe position?
50:36 VROOM Video
51:03 Basketball ACL Tear Video
51:32 Knee: Cone of Stability
51:47 Get Smart– Cone of Silence Video
52:14 Landing is EVERYTHING!
52:30 What Reduces Risk of OA after ACLR? RTP tests similar to Prevention Programs
52:50 Post Traumatic OA – What Factors?
53:07 2 years after ACLR – Athletes Returning To High Level Sports
54:16 Development of Osteoarthritis Longer term Registry follow up needed
54:57 Development of Osteoarthritis
55:20 36YO Female Basketball PLayer – Allograft ACL reconstruction
55:43 2 Years Post ACL recon
56:06 Knee “pack-years” as in smoking: Additive effects of years of participation in basketball
56:31 ACL Reconstructions
58:44 Lachman test, Anterior Drawer Test EUA: Correlate Mechanism of injury Video
59:18 Pivot Shift Video
59:52 Anterior Drawer Test – Medial Compartment Video
1:00:20 Who is driving the ACLR RTP Train?
1:00:47 Rethink Biologic Healing and Timing of Return to Play
1:02:08 Pay attention Do the right thing for your patient
1:02:27 Should We Be On Team Accelerate OR Team Slow Boat to Return to

Play??

1:02:51 Core: How do we measure?

1:03:40 In Clinics in Sports Medicine: Behind the Scenes as a Team
vol. 26, No. 2, April 2007. Ireland ML, "Balancing Life as a Team
Physician" 1:03:57 My Personal 10 Commandments

1:04:47 We Are So Fortunate. Enjoy the Ride (Bobbie Barton, Mark R.
Hutchinson)

1:05:11 Mentors to all of us (Dr. Houston, Dr. Andrews)

1:06:08 1985 Leavin' on a Jet Plane (William McLeod)

1:06:35 We are his legacy. Happy 100th Birthday Dr. Hughston (Shug
Jordan, Champ Baker, Frederick C. Flandry, Robert E. Leach)

1:07:40 My Birthday Message at Age 50

1:08:45 Thank you!

664 RTP after ACLR 01 Introduction

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0:22 Nothing To Disclose

0:25 Menu

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Reconstruction Not supported evidence based articles (Rush Medical
Center, Chicago IL E. Makhni MD MBA, E. Crump MD, M. Steinhaus MD, N.
Verma MD, C. Ahmad MD, B. Cole MD MBA, B. Bach Jr. MD)

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664 RTP after ACLR 06 Gait

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664 RTP after ACLR 10 Reflections

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Physician, ed., Jeff G. Konin, PhD, ATC, PT, vol. 26, No. 2, April 2007.

Ireland ML, "Balancing Life as a Team Physician"

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Citations: Davis I, Ireland M, Hanaki S. ACL Injuries—The Gender Bias Research Retreat III, ATC, Journal of Orthopaedic & Sports Physical Therapy 2007;37(2) a1-a6

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