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Clinical outcomes of self-administrated, well-structured home-based rehabilitation after ACL reconstruction

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Interrogate the clinical test early self-administrated, well-structured and extra homebased rehabilitation after ACL reconstruction was studied. It included 50 patients between the ages of 22-38 years who had received the homebased rehabilitation weekly for 6 weeks postoperatively after the anterior cruciate ligament (ACL) reconstruction. The primary outcome was the Lysholm score, secondary outcomes were the knee range of motion (ROM), anterior-posterior stability, balance, gait, and proprioception. The mean age was 28.2 ± 1.1 years (age 22-38 years), 99% were males and 1% were females. Of the 50 patients, 46 (92%) were > 130, and 4 (8%) were < 100. The anterior-posterior stability was 96% in 3 months, 3-5 and 1% > 5 of 50 patients were reported in proprioception. The homebased exercise program significantly improved the gait and balance. The results indicate that early self-administrated homebased rehabilitation after ACL reconstruction significantly improved the clinical test. In addition, the proprioception level of disability was also low. Objective homebased rehabilitation is the best practice which is associated in the development

1. Shahzada Junaid Amin (2017) Clinical outcomes of self-administrated, well-structured and extra homebased rehabilitation after ACL reconstruction. *J Pak J Physiother and Sports Medicine* 6(2):17.
2. Shahzada Junaid Amin (2015) Researcher's role in physical health of the elderly. *J Pak J Physiother and Sports Medicine* 1(1):15.
3. Shahzada Junaid Amin (2012) Perceptual-motor training for balance development in children. *J Pak J Physiother and Sports Medicine* 2 (2):15

Biography

Shahzada Junaid Amin is an Educationist at University of Hail, Saudi Arabia. He holds a Doctor of Physical therapy and Master's degree in Health Professional Education (MHPE). Previously, he has served different academic and clinical institutions in Pakistan. He has been involved with various roles like Educationist, Clinician and Research Supervisor during his professional career. He has presented his research work in national and international events. He has published

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