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at Methodist Hospital
Specialized Care for Knee Injuries

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Controversies With Anterior Cruciate Ligament Surgery and Rehabilitation. Shelbourne KD, Rask BP: *Am J of Knee Surgery* 11:136-143, 1998

There have been many advances in anterior cruciate ligament (ACL) surgery and rehabilitation in recent years. These advances have improved the results following ACL reconstruction. Consequently, the once-dreaded "career ending" injury of an ACL tear has become less devastating to the patient because of the possibility of more encouraging results after surgery. However, some controversies still remain regarding surgical technique, timing of surgery, rehabilitation principles and activities, and expected outcome. This article discusses the controversies with ACL surgery and rehabilitation and the authors' perioperative rehabilitation protocol.