



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Preemptive Pain Management Program for Anterior Cruciate Ligament Reconstruction. Shelbourne KD, Liotta FJ, Goodloe SL: *Am Journal of Knee Surgery* 11:116-119, 1998

Pain control for anterior cruciate ligament (ACL) surgery at Methodist Sports Medicine Center has been an evolution from pain relief to pain prevention or avoidance. The continuous study and analysis of patient data have enabled us to arrive at a perioperative pain management and rehabilitation program that allows a patient to recover more comfortably from ACL reconstruction. This article discusses the evolution of our pain management protocol for ACL reconstruction. The advent of new drug therapies and our ongoing search for improved patient outcomes has allowed us to refine this protocol. This evolution has been mandated by patient comfort, the patient's ability to participate in immediate postoperative rehabilitation, and the need to improve on difficulties we perceived as important.