



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

1815 N Capitol Ave, Ste 600 Indianapolis, IN 1.888.349.5633 1.317.924.8636

K Donald Shelbourne MD
Scott E Urch MD
Physical Therapy

Treatment of Limited Motion after Anterior Cruciate Ligament Reconstruction. Shelbourne KD, Patel DV: *Knee Surg Sports Traumatol, Arthrosc* 7:85-92, 1999.

Limited motion or arthrofibrosis after anterior cruciate ligament (ACL) reconstruction causes significant pain and functional impairment. Based on physical findings and loss of motion compared with the opposite normal knee, classification systems for the diagnosis and treatment of arthrofibrosis have been developed. The operative techniques and preoperative and postoperative rehabilitation and management are discussed. Range of motion (ROM) problems after ACL reconstruction have been minimized by improved surgical techniques and preoperative rehabilitation programs. The most effective treatment for arthrofibrosis is prevention by delaying ACL reconstruction until the patient has a normal gait and full ROM and minimal swelling in the injured knee and by appropriate ROM exercises after surgery. Key Words: Anterior cruciate ligament - Arthrofibrosis