MEDBRIDGE

Certificate of Course Completion

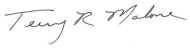
Course: ACL and PCL Injuries, Surgeries, and Rehabilitation
Student: Flavio Dall'Osto
Start Date: 11/11/18
Completion Date: 11/16/18

Learning Objectives and Goals:

Upon completion of this course, the learner will be able to:
1. Compare and contrast the anterior and posterior cruciate ligaments in terms of anatomical construction and general biomechanical function. Correlate anatomy of the ACL and PCL to four major challenges in reconstructive surgery.
2. Perform the Lachman and anterior drawer tests for ACL evaluation, and identify the clinical relevance of each. Perform the posterior drawer test for PCL evaluation. Correlate knee rotatory instability to cruciate ligament injuries. Describe the use of KT-1000 arthrometer.
3. Compare and contrast ACL and PCL in terms of the nature of injury, functional problems that arise from tears, and the muscular targets of physical therapy treatment. Identify five basic surgical concepts for cruciate ligament injuries.
4. Differentiate open versus closed chain activities. Design a sixteen-week rehabilitation program for a patient following ACL reconstructive surgery.
5. Describe five common difficulties with PCL surgery. Compare and contrast ACL and PCL rehabilitation strategies. Design a sixteen-week rehabilitation program for a patient following PCL surgery.
6. Describe pre-operative management choices in three case studies of patients with cruciate ligament injuries. Describe types of grafts used for reconstruction in two case studies of patients with ACL injuries. Compare and contrast post-operative rehabilitation techniques and complications in three case studies of patients with cruciate ligament injuries.
7. Describe at least ten historical milestones in ACL injury treatment. Describe eight historical and modern day surgical techniques in ACL reconstructive surgery. Explain why surgeons do or do not use certain ACL surgery techniques today.
8. Define evidence-based medicine. Rank the reliability of the seven different types of evidence in evidence-based medicine. List five recent meta-analyses that apply to ACL and PCL management and describe the findings of each.
9. Differentiate between male and female athletes in terms of predisposition to ACL injury. Design an injury prevention program to avoid ACL injuries.
10. Describe six exercises used in ACL injury prevention.

Instructors:

Terry Malone, *PT, EdD, AT-Ret*



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