

Abstract

Anterior cruciate ligament (ACL) replacement is a common surgical procedure to repair a torn knee ligament. An important part of post-operative care is physiotherapy, which helps to heal, regain joint stability and return to normal activities.

The aim of this work is to analyze the organization of physiotherapy in medical facilities in the Czech Republic for patients after ACL plastic surgery. The results are then compared with findings from foreign studies.

The data was collected using a questionnaire survey. The questionnaire was aimed at physiotherapists from treatment facilities that perform surgical ACL replacement as well as subsequent physiotherapy. The work is based on the responses of a total of 16 treatment facilities. The questions focused on the time distribution of the physiotherapy plan, on the spaces used, what type of orthosis is given to the patients and how they work with increasing joint ranges. Furthermore, what methods they use in physiotherapy, whether they focus on balance exercise training, restoration of proprioception and what recommendations they give to patients.

The results show that the biggest differences between responses are in recommendations for when patients can return to full weight bearing. Here, the range of answers was in the range of 2-12 months, which does not even match foreign recommendations. Other significant differences were found in whether individual treatment facilities recommend preoperative rehabilitation to patients. Here, 25% of respondents said that they do not recommend preoperative rehabilitation to patients. Furthermore, a disparity was found in the answers to the question whether individual treatment facilities give patients a sheet with basic information about ACL rehabilitation. 50% of respondents said they forward the letter and 50% did not. On the contrary, agreement in the answers and also in comparison with foreign studies was found in questions about the time after surgery

to start rehabilitation, the type of orthosis, the training of balance exercises and the focus on restoring proprioception.

This work mapped the organization of physiotherapy in treatment facilities for patients after ACL plastic surgery and compared the results with the recommendations of foreign studies. For more detailed results, it would be advisable to extend the work to a larger number of workplaces.

Key words: physiotherapy, organization of physiotherapy, anterior cruciate ligament, ACL, treatment devices