

Abstract

Title: Motional rehabilitation after anterior cruciate ligament reconstruction

Objectives: 1. To compare several rehabilitation approaches of different authors after the ACL reconstruction surgery.
2. Compilation of author's own rehabilitation programme based on the knowledge acquired from the selected approaches.

Methods: This thesis is written as a literary review.

Results: Comparison between selected approaches dealing with the ACL injuries. As a result of this comparison a list is created describing the elements the approaches have in common and those that they differ in. In conclusion a rehabilitation program is created using the knowledge acquired from the aforementioned approaches.

Keywords: injuries, knee joint, ligament, rehabilitation