

A Comparison of Dynamic Postural Stability Between Asymptomatic Controls and Male Patients One Year After ACL Reconstruction (Pilot Study)

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Objectives: The purpose of this study was to determine if dynamic postural stability gained one year after ACL reconstruction in patients who received rehabilitation.

Methods: Seven male patients (mean age=32,66 ±6,47) who had previously undergone ACL reconstruction (ACL-R) and 7 sex-and general physical activity matched uninjured controls included to study. Mean time since original injury was 13±3,31 months. Dynamic postural control was assessed with 20° knee flexion with Star Excursion Balance test. Each participant performed 3 trials of the anterior, posterior-medial, and posterior-lateral directional components of the SEBT. Reach distances for each directional component were compared with non-injured leg and healthy controls'.

Results: There was no significant difference in all directions of Star Excursion Balance test between neither the operated and uninjured knees of patients nor between patients and healthy controls ($p>0,05$).

Conclusion: No deficits in dynamic postural stability were present average one year after ACL reconstruction in patients who received rehabilitation. It can be said that rehabilitation is effective in the recovery of dynamic postural stability.

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