

# HydroWorx used in ACL Recovery Program

## In the Pool: Knee Anterior Cruciate Ligament Recovery Program

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### Summary:

**An aquatic environment may be ideal during all phases of ACL rehabilitation post surgery.** The reduced weight-bearing environment can provide a safe environment for the patient's range of motion and neuromuscular recovery activities that are not possible on land.

A thirty five year old world-class soccer player who sustained a **complete tear of his ACL** was able to **return to play within ninety days of surgery** due to aquatic therapy six days per week, twice a day.

Twenty patients with intra-particle ACL reconstructions were randomly assigned to a land or water exercise group. Participants in the water exercise group noted a **greater minimization of joint effusion and greater self reports of functional improvements.**

Participants also found **greater muscle girth** at the calf and thigh, greater quadriceps strength, and **better range of motion** at the knee for those doing the water treadmill workout.

Clinical results show that athletes who participate in water rehabilitation and land-based post-rehabilitation have **better scores on postural sway, indicating better balance.** They also experienced **fewer episodes of re-injury** after return on play.



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