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## Clinical outcomes of self-administrated, well-structured home-based rehabilitation after ACL reconstruction

Shahzada Junaid Amin

**I**nterrogate the clinical test early self-administrated, well-structured and extra homebased rehabilitation after ACL reconstruction as a study conducted. It yielded 50 participants between the ages of 22-38 years who had received the homebased rehabilitation weekly for 6 weeks postoperative after the anterior cruciate ligament (ACL) reconstruction. The rehabilitation program was based on the principles of the rehabilitation process, including: joint mobility, strength, balance, and proprioception. The primary outcome was the range of motion (ROM) of the knee joint, and the secondary outcomes were the Lysholm score, the Visual Analog Scale (VAS), the knee joint stability, and the proprioception. The mean age was 26.5 ± 1.1 years (age 22-38 years), 99% were males and 1% were females. Of the 50 participants, 46 (92%) were between 0-130, and 4 (8%) were < 100. The proprioception was 96% in 3 participants, 3-5 and 1% > 5 of 50 participants were in the proprioception. The homebased exercise program significantly improved the range of motion and balance. The results indicate that early self-administrated homebased rehabilitation after ACL reconstruction is an effective clinical test. In addition, the proprioception level of disability was also low. Objective homebased rehabilitation is a cost-effective which is associated in the development

### Recent publications

1. Shahzada Junaid Amin (2017) Clinical outcomes of self-administrated, well-structured and extra homebased rehabilitation after ACL reconstruction. *J Pak J Physiother and Sports Medicine* 6(2):17.
2. Shahzada Junaid Amin (2015) Researcher's role in physical therapy education in Saudi Arabia. *Fundamental Medical Journal (FUMJ), Serial Iss* 20:15.
3. Shahzada Junaid Amin (2012) Perceptual homebased proprioception development in case of Pakistan. *J Pak J Physiother and Sports Medicine* 2 (2):15

### Biography

Shahzada Junaid Amin is an Educationist at University of Hail, Saudi Arabia. He holds a Doctor of Physical therapy and Master's degree in Health Professional Education (MHPE). Previously, he has served different academic and clinical institutions in Pakistan. He has been involved with various roles like Educationist, Clinician and Research Supervisor during his professional career. He has presented his research work in national and international events. He has published SDSHUV LQ UHSXWHG MRXUQDOV DQG KDV LV DOVR DQ (GLWRULDO %RDUG 0HPEHU RI VFKRODUO\ SHHU 6SRUWV 37 \*HULDWULFV 7HDFKLQJ DQG /HDUQLQJ \$VVHVVPHQW DQG (GXFDWLRQDO 7HFKQRORJ\

Junaid768@hotmail.com

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