



Following initial testing, results are analyzed by our specialty-trained therapists and then shared with your surgeon. Patients are educated about their performance, and a personalized plan is put into action.

By using objective tests and strict return to play criteria, we optimize our patients' outcomes. It is highest priority to make sure our athletes are ready, both physically and psychologically, before stepping back onto the field.

Please ask your doctor how you can schedule your appointment.

Injury Prevention

At St. Charles Sports Medicine, we work to minimize factors that are proven to increase the risk of ACL injury. Our passion is to return athletes to the sports they love following injury, and to keep our athletes on the field. Athletes who may be predisposed to ACL injuries can be identified and given the program that will work best to help prevent injury.

Individualized injury screens and preventative programs are available at all nine of our convenient outpatient locations. In addition, our team of experts are available for group testing and education for the teams we serve in our community. For more information about our ACL injury prevention programs, please call: (631) 476-5680.

Rehabilitation network locations

Centereach.....	(631) 580-2526
Commack.....	(631) 784-1960
East Setauket.....	(631) 751-8000
Melville.....	(631) 577-3400
Patchogue.....	(631) 207-2370
Port Jefferson.....	(631) 474-6111
Ronkonkoma.....	(631) 580-8720
Smithtown.....	(631) 382-4550
West Babylon.....	(631) 465-7150

St. Charles Hospital
200 Belle Terre Road
Port Jefferson, NY, 11777

(631) 474-6797

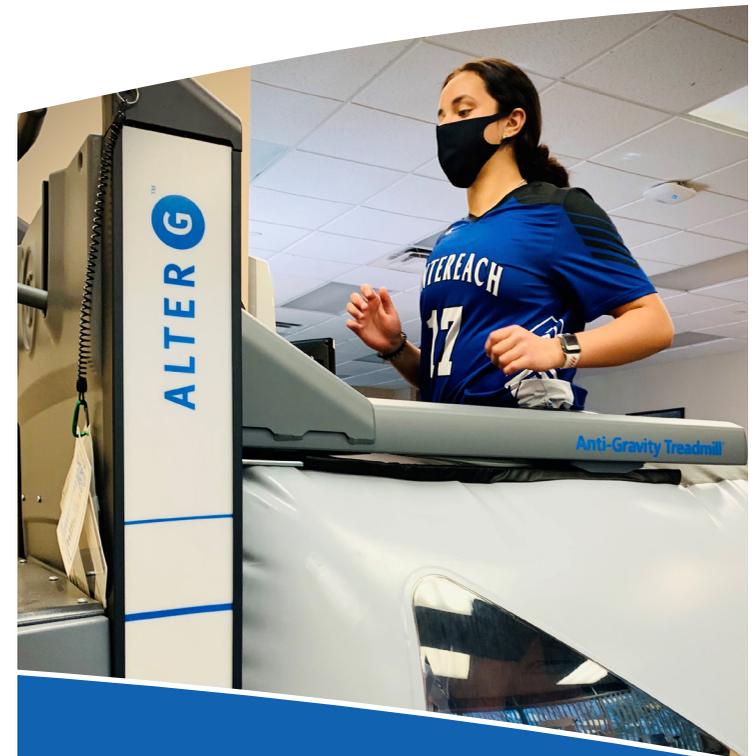
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Comprehensive ACL Management Program

- Injury prevention and screening
- Post-operative functional testing
- Comprehensive rehabilitation



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Having your anterior cruciate ligament (ACL) reconstructed is a big deal

At St. Charles Sports Medicine, we know recovery after ACL reconstruction can sometimes be long and arduous. There are a lot of questions going through an athlete's mind including "when will I know if I am ready to return to normal activity?"

We also know that not every knee is the same, not every recovery is the same, not every athlete is the same.

We do everything that we can to ensure an athlete is 100% ready to return to play, both physically and mentally. There are many aspects that come into play when safely returning an athlete to the field following surgery, and these include both physical and psychological factors.

Post-operative rehabilitation

Our team of specialty-trained sports therapists provide the highest quality and state-of-the-art rehabilitation following ACL reconstruction including the availability of blood flow restriction therapy and an Alter-G treadmill.* We work closely with our surgeons to ensure athletes are progressed according to the most recent evidence-based practices and are safely returned to sports at an optimal level of function. Our rehabilitation programs are designed to

* Not all services available at all locations.

specifically address the individual needs of every patient. As integral members of the team, patients, parents and athletic trainers are included in the process from the start. We work together to provide our patients access to the highest caliber of rehabilitation care with a focus on the overall patient experience.

Post-operative functional testing

In addition to providing all of the rehabilitation services required following surgery, we offer post-operative functional testing to provide an objective picture of an athlete's progress performance and ability to return to play. We put our athletes through a battery of tests with strict passing guidelines to not only ensure player readiness, but to also help reduce the risk of re-injury.

We test our athletes at four, six and nine months after surgery, prior to returning. In addition to testing, continuous education and training is provided in order to ensure the highest standard of care.



Post-operative functional testing consists of the following components:

- 1. Strength testing** – This uses an electronic dynamometer to ensure accurate and reliable results.
- 2. Balance testing** – Dynamic balance testing uses standardized measures that not only look for balance, but also provide valuable information about strength and control.
- 3. Performance testing** – This series of tests consists of movements that are comparable to the athlete's necessary skills on the field. They provide objective information about neuromuscular control, power, and speed as well as identify compensatory strategies that athletes may have developed which can increase risk of re-injury.
- 4. Psychometric testing** – Following a serious injury, such as an ACL tear, both fear and lack of confidence can play an integral role in an athlete returning to their previous level of play. An athlete returning, before being psychologically ready, can increase the risk of re-injury. We use various outcome measures designed to test an athlete's self-readiness and identify any deficits.