THE FADING ATHLETE WITH AN OLD KNEE: INVESTIGATION OF FACTORS AFTER ANTERIOR CRUCIATE LIGAMENT INJURY RELATED TO THE DEVELOPMENT OF KNEE OSTEOARTHRITIS

Featuring Dr. Elizabeth Wellsandt
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ABSTRACT
Anterior cruciate ligament (ACL) injury can substantially alter the life of healthy, active individuals and lead to deleterious long-term consequences. Patients often harbor unrealistic expectations of the risk of knee osteoarthritis after ACL reconstruction. Reconstruction does not guarantee avoidance of post-traumatic osteoarthritis, as most individuals will experience symptomatic knee osteoarthritis within 10-20 years of ACL injury regardless of surgical or conservative management. During this seminar identified biomechanical and clinical factors early after ACL injury will be discussed which are associated with post-traumatic osteoarthritis development. The impact of identifying modifiable factors early after ACL injury related to articular cartilage degeneration will be highlighted, providing rationale for whether long-term knee joint health should be considered during rehabilitation and whether the potential for disease prevention exists.

ABOUT DR. WELLSANDT
Elizabeth Wellsandt, PT, DPT, PhD, OCS, is an assistant professor in the Division of Physical Therapy Education at the University of Nebraska Medical Center. Her research interests are Biomechanical and functional outcomes analysis in a sports population with knee injuries, with a primary interest in the influence of these factors on the secondary development of osteoarthritis.