

# **Anterior Cruciate Ligament: Rehabilitation Update**

**Lee Herrington - PhD, MSc, MCSP, CSCS**

## **Presenter**

Lee qualified as a Chartered Physiotherapist in 1990 from Manchester University, having previously completed a degree in Human Biology from Loughborough University. In 1996 was awarded an MSc in Sports Injury and Therapy from Manchester Metropolitan University (with distinction). In 2007 was awarded a PhD for research into anterior knee pain from the University of Salford. He has also been certified by the National Strength and Conditioning Association (USA) as a strength and conditioning specialist and by the Cincinnati Sports Medicine Research and Education foundation as a Sportsmetrics™ trainer.

Currently: Senior lecturer in Sports Rehabilitation, University of Salford; Visiting Lecturer in Sports Physiotherapy, Manchester Metropolitan University and Bath University; Associate editor of the BMC Journal Musculoskeletal Disorders, Member of the editorial advisory board to the journal Physical Therapy in Sport and The Knee and Research officer and committee member of Association of Chartered Physiotherapists in Exercise Therapy

He has worked with elite sportspersons for the last nineteen years including time with Great Britain Rugby League and Wigan Warriors Rugby League Club as well as Lancashire and Yorkshire Rugby League academy sides. He has been involved in consultative work for a number of professional football clubs and individual elite level sportspersons from a multitude of sports including athletics, climbing, hockey, martial arts, sailing, swimming, and triathlon. He is currently the head Physiotherapist to the Great Britain Women's Basketball team and a consultant physiotherapist at the English Institute of Sport in Manchester. Lee has taught nationally and internationally on topics related to knee injury and sports injury rehabilitation, with over fifty peer reviewed articles published in the field of exercise rehabilitation and as presented his research at many international conferences.

## **Course Description**

Injury to the Anterior Cruciate ligament is a significantly disabling problem for the professional sportsperson and recreational athlete alike. Clear management strategies are required to return the patient to their chosen sport as quickly yet as safely as possible. Current practice is to either reconstruct or rehabilitate and cope with the ligament deficiency. Both these approaches require appropriate management in terms of exercise rehabilitation and return to sport criteria. This course aims to provide participants with strategies to both appropriately managed both the ACLR and ACLD patients and monitor treatment progress towards a successful outcome.

## **Course aims**

- To provide participants with the necessary background knowledge to provide exercise rehabilitation to both the ACL deficient and ACL reconstructed patient.
- To provide participants with the skills necessary to assess function and performance of these patients

## **Course content**

- ACL anatomy and functional biomechanics
- Nature of ACL injury
- Assessment of ACL injury
- Functional assessment of ACL injury
- ACLD identification of copers
- ACLR; types of surgery & implications for rehabilitation
- ACLR (& ACLD) Rehabilitation
- Monitoring & performance measurement
- Complications
- Return to sport criteria
- Prevention of ACL injuries; an introduction to the Sportsmetrics programme

**Fee:** £117.50 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs). *VAT INCREASE from January 1st 2010*

## Lee Herrington's recent publications and presentations

### Publications

- Herrington, L.** 2000 Rehabilitation of Anterior Cruciate Injury SportEx-Medicine 7, December, 13-20
- Herrington L.,** Turner, M., Horsley, I. 2003 The relationship between break phenomena and functional instability in ACL deficient knees. Isokinetics and Exercise Science 11,4,239-244
- Herrington, L.** 2004 The rehabilitation of two patients with functionally unstable ACL deficient knees; a case report. Physical Therapy in Sport 5,4,175-178
- Herrington, L.** 2005 Knee joint position sense: the relationship between open and closed kinetic chain tests. Journal of Sports Rehabilitation 14,356-362
- Anderson, G., **Herrington, L.** 2003 A comparison of eccentric isokinetic torque production and velocity of knee flexion angle during step-down in Patellofemoral Pain Syndrome patients and normal controls. Clinical Biomechanics 18,6, 500-504
- Herrington, L.,** 1996 EMG Biofeedback: What can it actually show? Physiotherapy 82,10,581-583
- Herrington, L.,** Payton, C. 1997 The effect of corrective taping of the patella on patients with Patellofemoral pain Physiotherapy 83, 11,566-572
- Herrington, L.** 1998 The role of Vastus Medialis Oblique in Patellofemoral Pain Syndrome Critical Reviews in Physical and Rehabilitation Medicine 10(3),257-263
- Herrington, L. 2000 The effect of Patellofemoral joint taping; a review Critical Reviews in Physical and Rehabilitation Medicine 12,3,271-276
- Herrington, L.** 2001 The effect of patellar taping on quadriceps peak torque and perceived pain: A preliminary investigation Physical Therapy in Sport 2,1,23-28
- Herrington, L. 2002 The reliability of a clinical measurement used to determine the medial/lateral orientation of the patella Manual Therapy 7,3,163-167
- Herrington, L.** 2004 The effect of patella taping on quadriceps strength and functional performance in normal subjects Physical Therapy in Sport 5,1,33-36
- Herrington, L.,** Nester, C. 2004 Q-angle undervalued? The relationship between Q angle and medio-lateral position of the patella Clinical Biomechanics (in press)
- Herrington, L.,** Williams, S., George, K. 2003 The relationship between arthroscopic findings and isokinetic quadriceps performance in Patellofemoral pain syndrome patients: an initial investigation Research In Sports Medicine 11, 1, 1-9

### Presentations

- Herrington, L.,** Payton, C. 1997 The effect of corrective taping of the patella on patients with Patellofemoral pain Management of Sports Injuries Conference, Royal College of Surgeons, London, November
- Herrington, L.** 2001 Patellofemoral pain and break phenomena 1<sup>st</sup> International Conference on Movement Dysfunction, Edinburgh, September
- Herrington, L.** 2003 The inter-tester reliability of a clinical measurement used to determine the medial/lateral orientation of the patella World Confederation of Physical Therapy 14<sup>th</sup> International Conference, Barcelona, June
- Herrington, L.** 2003 The effect of patella taping 2nd International conference on Biomechanics of the lower limb in Health, Disease and Rehabilitation, Salford, September
- Herrington, L.** 2003 The effect of patella taping: A review Regional seminar on current issues in sports injury, surgery and rehabilitation, John Moores University, Liverpool, December

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