

Rehabilitation after ACL reconstruction

가천의대 정형외과

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전방 십자인대 재건 시 수술도 중요하지만 수술 후 재활도 매우 중요하다. 최근에는 stiffness, 전방 슬관 절통을 줄이기 위해 가속 재활을 보편적으로 많이 하고 있다^{11,18,22-26}.

그러나, 수술 후 초기에는 이식건이 많이 약해져 있으므로 주로 closed chain extension exercise, passive ROM, SLR, Quadriceps setting exercise로 운동을 해야 하며^{2-8,15,17,27,30}, electrical stimulation시 효과적이다^{10,28}.

수술 후 6주가 지나면 운전도 가능하고²⁰, 3개월 이상 지나고 기준에 맞으면²¹ intensive training을 해야 하며, 다리의 정상적인 조절을 위해 agility exercise도 해야 한다^{13,23}. 이후 대퇴 사두근이나 슬근건의 근력이 90%이상이고 기능적 검사를 통과하면 운동에 복귀하게 된다²¹. 이 과정은 고정 기기^{1,14,16,31}, 이식건의 종류에 따라 다르며^{9,11}, 특히 슬근건을 사용하여 재건술을 했을 때는 더욱 더 천천히 재활을 해야 한다^{11,12,19,29}.

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