

The Bridge to the Future of ACL Rehabilitation- The Bridge Enhanced ACL Repair (BEAR) and the development and implementation of the unique PT protocol

Kathleen Strawn PT, DPT, OCS

10:30 - 12:00noon

Orthopedic, Manual Therapy, Sports Medicine

Following an ACL tear, ACL reconstruction using autograft or allograft has been the standard of practice for surgical intervention, with many established rehabilitation protocols and interventions employed by physical therapists. The Bridge Enhanced ACL Repair (BEAR) procedure is a new surgical intervention which allows the patient's native ACL to heal and be restored to its original anatomical orientation. Preliminary evidence suggests that it may be a more optimal procedure compared to ACL reconstruction. This session examines a new PT protocol developed specifically for the BEAR procedure and the unique approach to rehabilitation related to the surgical technique. The development of this rehabilitation protocol and overview of key elements of each phase will be outlined. The speaker will review their experience with implementation of the BEAR protocol, trajectory of recovery, as well as case study examples of clinical application and treatment strategies. A comparison of the rehabilitation experience of BEAR patients compared to ACL reconstruction with a review of functional outcomes will be highlighted. Lastly discussion will outline future studies involving the BEAR procedure and rehabilitation, as well as considerations for further development of the protocol.

Objectives:

1. The audience member will be able to identify key differences between the BEAR surgical procedure and ACL reconstruction procedures (ACLR), as well as difference in rehabilitation protocols between procedures
2. The audience member will be able to define unique aspects of the rehabilitation experience of post-op BEAR patients and the purpose of key elements during phases of the BEAR PT protocol related to the surgical procedure
3. The audience member will be able to discuss rehabilitation outcomes and identify short and long term benefits of the BEAR procedure and PT rehabilitation which may make it the preferable option to typical ACL reconstruction options

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Kathleen Strawn PT, DPT, OCS is a physical therapist at Boston Children's Hospital. She graduated with her Doctorate of Physical Therapy from Ithaca College. Dr. Strawn is a board certified orthopedic clinical specialist from the American Board of Physical Therapy Specialties. She serves as a lecturer for the Simmons University DPT program, and a lab instructor for the MGH Institute of Health Professions DPT program. Dr. Strawn is a consultant for MIACH Orthopedics training and mentoring physicians and physical therapists to the BEAR rehabilitation protocol.