

Active Support (Bracing) Post anterior cruciate ligament (ACL) Injury in athletes.

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Background: Since most studies designed to prove the efficacy of functional anterior cruciate ligament (ACL) bracing among athletes have been equivocal, we felt it would be helpful to know how far the effect of bracing on stability and muscle power as main goals of this study. Methods 30 athletes clients have had an extraarticular surgery (TFL) were divided into two groups, 15 for each group, braced group and nonbraced (control) group undergone the same rehabilitation program (progressive accelerated rehabilitation program) for 8 weeks, stability was measured using BBS (berg balance scale) and muscle power using MMT (manual muscle testing) at the 1st day, 4th and 8th week postoperatively, data was analyzed by SPSS (T-independent test) program. Results: BBS at the 1st day postoperatively the mean score of BBS for the braced group was 14.9 and the 6.9 for the control group as T(degree of freedom)=7.7, at the 4th week the mean score for braced group was 26.9 and 18.7 for the control group as T(degree of freedom)=9.3 ,at the 8th week the mean score was 42 for braced group and 33.3 for control group as T(degree of freedom)=3.2 , and the mean for total score of BBS of the braced group was 83.8 and 59 for control group as T(degree of freedom)=6.4 , which indicate a better result of stability progression among braced group. According to the independent T-test it was a significant difference in the stability progression during each period as well as the whole period of the rehabilitation program, as $P < 0.05$ muscle power progression, the mean score at 1st postoperatively for the braced group was 2.47 and 2.27 for the control group as T(degree of freedom)=1.1, at the 4th week the mean score for the braced group was 3.67 and 3.6 for the control group as T(degree of freedom)=0.3, at 8th week the mean score 4.73 for braced group and 4.7 for control as T(degree of freedom)=0.7 and the mean for total score of MMT of braced group was 10.88 and 10.73 for control