

Considerations for Late-Stage Rehab of the Post-Surgical ACL

Course Description:

In this course, best practices when rehabilitating the late-stage post-surgical ACL will be presented to physical therapists and athletic trainers. The presenters will discuss the best ways to elicit adaptations for strength, rate of force development and power, and discuss why this is crucial for the return to play process. The course will also focus on neural reliance in the post-surgical patient and describe why it happens, how we can assess it, and most importantly how we can provide targeted interventions to mitigate its effects. The cross continuum of care from surgeon to physical therapist to athletic trainer will be presented to provide the best up-to-date research for returning athletes to sport following post-op ACL recovery.

Learning Objectives:

1. Define implicit cueing vs explicit cueing in the rehabilitation process
2. Identify when a post-surgical ACL patient can start implementing training to enhance rate of force development
3. Test and interpret a post-surgical ACL patient's power output.
4. Design sports specific agility patterns for the post-surgical ACL athlete
5. Implement cognitive-motor dual-task training techniques to mitigate neural reliance in the post-surgical ACL patient.
6. Describe Premier Health's comprehensive return to sport testing battery following ACL surgery.
7. Define appropriate time frames for return to sport based off isokinetic and return to sport testing.

Presenters:

Dr. Jordan Grilliot, DO
Joe Dudics, PT, DPT, OCS
Alec Heffner, ATC, CSCS
Aiden Lander, MSAT, ATC

Course Schedule:

8AM-8:30AM - Enhancing the Team Approach from Surgeon to Rehab with post-op ACL patients
8:30AM-9:30AM: Neurocognitive Concepts and Exercise Recommendations
9:30-10AM: Return to Sport Time Frame and Isokinetic Testing
10AM-10:15AM Break
10:15AM-11:00AM Hop Testing and Neurocognitive Testing
11:00-12:00PM Sport Specific Training Techniques for Athletes
12:00PM-12:15PM Question and Answer Session

Program Fees and Registration: This educational event is being offered to Premier Health employees for free. Registration space is limited to 30 participants and reservations must be received by November 6, 2026. For cancellations, please email Qasim (qarizvi@premierhealth.com).

Registration: Via this link: [Considerations for Late-Stage Rehab of the Post-Surgical ACL - WSU Boonshoft School of Medicine & Premier Health CME Alliance - Continuing Education \(CE\) - Considerations for Late-Stage Rehab of the Post-Surgical ACL](#)

Directions and Parking: The course will be located at the Hyatt Center for Sports Medicine located at 450 N. Hyatt St. Tipp City, OH 45371. Please park out front and enter the main entrance.

Continuing Education Units: This course is pending 4 CEU hours for PT/PTA and ATs through the OPTA and BOC.