

PREVENTING OSTEOARTHRITIS AFTER AN ACL INJURY

OAAA Consensus
Recommendations for Clinicians

OPTIMIZE EDUCATION

- Focus on **preserving wellness** after ACL Injury.
- Improve **patient knowledge** about the risks for poor outcomes after ACL injury.
- Seek tailored education and tools to **facilitate communication** with patients and caregivers about osteoarthritis and prevention.



PHYSICAL RECOVERY & PREPARATION



- Provide **supervised, comprehensive, and progressive** rehabilitative care.
- Gradually pursue **sport-specific training**.
- Encourage people to meet the **Physical Activity Guidelines** for Americans (2nd Edition).
- Offer **psychological skills** training or graded exposure therapy, as needed.
- Implement **preventative programs** aimed at reducing risk for future injury by focusing on exercises to improve strength, agility, balance, and flexibility with **proper technique**.

TEAM-BASED CARE & CONTINUITY

- Address patient needs with **interdisciplinary, coordinated, and patient-centered** strategies.
- Encourage organizations to **optimize socially supportive environments**.
- Provide support for potential **psychosocial stressors** encountered at work, at home, during return to play/work, etc.



MEASUREMENT CHOICE & MONITORING



- **Regularly monitor** patients using patient-reported outcomes, performance-based outcomes, and other indicators of progression.
- Consider the **ethics and efficacy** of how and what technology is adopted for patient monitoring and prevention.



OSTEOARTHRITIS
ACTION ALLIANCE

<https://oaaction.unc.edu>

