

## **Exploring the Future of ACL Rehabilitation: The Introduction of OPTIMove ACL RTS Continuum**

Current ACL rehabilitation programs have made significant strides in helping athletes return to play after injury. Typical protocols focus primarily on restoring physical attributes such as range of motion, strength, and stability. However, while these factors are essential, the programs often overlook the neuroplastic changes that occur following an ACL injury and the importance of neurocognition and motor learning in the healing process.

Emerging research suggests that an ACL injury not only disrupts the physical structure of the knee but also alters the nervous system's ability to control and coordinate movement. This neurological dimension is where the OPTIMove ACL rehab program pioneers a more holistic approach, incorporating the foundations of neuroplasticity alongside traditional physical rehabilitation.

The OPTIMove program shifts the perspective from a purely biomechanical framework to an integrative model, emphasizing the brain's role in injury recovery. It introduces innovative strategies designed to:

- Reinforce neural pathways to better support the knee
- Enhance proprioceptive feedback and cortical mapping of the affected limb
- Utilize motor learning principles to retrain the movement patterns

By targeting neuroplasticity, neurocognition, and motor learning, the OPTIMove program fosters an enriched environment for full functional recovery. It proposes novel rehabilitation approaches, such as:

- Task-specific training to promote desired neural adaptations and motor learning
- Cognitive challenges embedded within physical tasks to improve the brain-body connection
- Sensory-enriched environments to stimulate neuroplasticity
- Variable practice
- On field rehab approach

Incorporating these advanced principles into ACL rehabilitation carries the potential to transform outcomes for athletes, promoting faster, safer returns to sport and raising the benchmark for the industry. While traditional rehabilitation has laid the groundwork for physical healing, OPTIMove represents the future, using a comprehensive approach that harnesses the power of the brain in conjunction with the body's healing capabilities.

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Introducing Our Structured Course: Implementing OPTIMove in Your Practice

We are thrilled to announce our comprehensive course designed to equip professionals with the tools and knowledge needed to incorporate the OPTIMove ACL rehab program into their clinical or athletic training environments.

This structured course is specifically tailored for physical therapists, sports medicine specialists, and athletic trainers who are seeking to enhance their existing ACL rehabilitation practice with innovative, evidence-based methods. Because full recovery post-ACL injury isn't just about rebuilding strength—it's about retraining the brain to work in harmony with the body.

Our course offers:

In-depth modules covering the neuroplastic changes following ACL injury and how they impact rehabilitation.

Practical training techniques that integrate neurocognition and motor learning principles into recovery protocols.

Strategies to create sensory-enriched environments that stimulate the neuromuscular system while promoting healing and function.

Hands-on sessions that allow you to practice and refine new methods under the guidance of our experienced instructors.

Case studies and real-world applications of the OPTIMove program to analyze its effectiveness and adaptability to varying athlete needs.

By the end of our course, you will:

Have an expansive understanding of neuroplasticity in the context of ACL rehabilitation.

Gain proficiency in cutting-edge approaches that merge physical recovery with cognitive challenges.

Obtain the confidence and competence to implement these strategies, transforming the way your athletes recover and return to peak performance.

Course availability is limited, as we aim to provide personalized attention and ensure a quality learning experience for all participants. Don't miss this chance to elevate your practice and empower your clients with the latest advancements in ACL rehab.

Join us and be at the forefront of ACL rehabilitation by delivering a program that addresses the entire spectrum of healing - from the neurological to the physical.

OPTIMove is more than a protocol; it's a revolution in rehabilitation.

Enroll now and become a catalyst for change in the world of sports medicine and rehabilitation!

#ACLRecovery #OPTIMove #Neuroplasticity #MotorLearning #SportsMedicine  
#PhysicalTherapy #AthleticTraining #ContinuingEducation #HealthcareProfessionals  
#RehabInnovation

[Link to course registration and further information]

## **This course is about 50% practical**

### **Course objectives**

At the end of the course you can:

- Plan and implement an individual evidence-based rehabilitation program
- Use a comprehensive spectrum of sensorimotor and biomechanical assessments
- Recognise that return to play is a continuum rather than a fixed moment in time
- Contribute to the return to sport shared decision making

<b>ACL course</b>		<b>Day 1</b>
<b>9:00-9:30</b>		Key components of ACL rehabilitation
<b>9:30-11:00</b>		Pre-habilitation
<b>11:00-11:30</b>		Break
<b>11:30-13:00</b>		Acute phase rehabilitation 1 Evidence-based Rehabilitation practice with consideration to create optimal conditions for motor learning and enhance neuroplasticity Discussion
<b>13:00-14:00</b>		Lunch
<b>14:00-15:30</b>		Acute phase rehabilitation 2 Participants will work in groups to apply the knowledge to case studies. Groups will present to other groups to stimulate exchange of learning from each other
<b>15:30-16:00</b>		Pause
<b>16:00-17:00</b>		Intermediate phase Practice <ul style="list-style-type: none"> <li>- enhanced neuromuscular control</li> <li>- strengthening</li> <li>- starting running</li> <li>- Initial changes of direction</li> </ul>
		<b>Day 2</b>
<b>9:00-9:30</b>		FAQ Day 1
<b>9:30-11:00</b>		Intermediate phase rehabilitation 2 Participants will work in groups to apply the knowledge to case studies. Groups will present to other groups to stimulate exchange of learning from each other
<b>11:00-11:30</b>		Pause
<b>11:30-13:00</b>		RTP tests <ul style="list-style-type: none"> <li>- strength</li> <li>- Hop tests</li> <li>- Agility</li> <li>- On field training</li> <li>- Qualitative and quantitative analysis</li> </ul>
<b>13:00-14:00</b>		Pause

<b>ACL course</b>	<b>Day 1</b>
<b>14:00-15:30</b>	RTP Tests II (Anticipation, Reaction, sportspecific elements and demands) in context of secondary ACL prevention Participants will work in groups to practice RTP tests Group discussion RTP Tests
<b>15:30-16:00</b>	Pause
<b>16:00-17:00</b>	Summary and Q&A