



## **Anterior Cruciate Ligament (ACL) reconstruction re-injury prevention test – information for physiotherapy practices**

The ACC Anterior Cruciate Ligament (ACL) reconstruction re-injury prevention testing programme (RIPT) is a new fully funded initiative started in April of 2018 that aims to support the wider application of an industry-verified, credible and replicable functional outcome test following ACL reconstruction. The programme is a collaboration between ACC and Unisports Orthopaedics, Auckland.

ACC has appointed physiotherapy suppliers in three regions: Waikato, Wellington and Palmerston North. WSM was successful in being awarded a contract to deliver the fully funded RIPT in Wellington. Accredited WSM physiotherapists have been trained in the application of the RIPT, and will apply the RIPT to a cohort of ACC ACL clients, and participate in ongoing education.

### **Description**

The ACL RIPT involves a physiotherapist testing patients after ACL reconstruction and subsequent rehabilitation to determine if it is safe for the patient return to sport or particular activities. This test uses a battery of functional tests and outcomes to determine the functional level of the patient. The ACL RIPT is a 60-min assessment that determines an individual's psychological and physical readiness. These are the key factors identified in the literature that can be used to predict an individual's risk of re-injury.

The assessment consists of:

- The ACL return to sport index subjective questionnaire
- Single leg hop for distance
- Single leg triple hop for distance
- Single leg crossover triple hop for distance
- Box drop vertical jump
- Single leg 4 repetition max incline leg press
- Modified T agility test.

### **When to refer**

Your assistance is required to help us to complete this programme. We would like you to identify suitable patients to refer to the assessment. Suitable patients are those deemed to have reached a suitable level of rehabilitation following ACL reconstruction to undergo the assessment. There is no restriction on other co-existing injuries such as meniscectomy or meniscus repair done at the same time.



## **How to refer**

The assessment does require a referral from the orthopaedic surgeon to be made before testing can be completed. A simple clinic letter from the orthopaedic surgeon is suffice. This clinic letter should contain the client's contact details and their stage of recovery.

All orthopaedic surgeons who complete a high number of ACL surgeries in Wellington are aware of this programme and do have adequate information regarding the RIPT. Communicating with the surgeon to state that the patient is at the appropriate functional stage to be tested is typically enough to prompt a referral from the surgeon. If there any is difficulty with the referral process then please do let our practice know and we can try and facilitate that.

## **Testing procedure**

The physiotherapist supervises the assessment whereby the patient undergoes the battery of tests, as above.

The results of the test are explained to the patient by the physiotherapist in clinic.

### **Pass**

- If the patient is deemed to pass the assessment they will be given advice on how to safely build back into activity and a report is written to their treating physiotherapist, surgeon and to ACC.
- The patient will be referred back to the treating physiotherapist to monitor return to further activity.

### **Fail**

- If the patient does not pass the assessment they are taken through the results and reasons they did not pass. They are guided on what their rehabilitation needs to focus on to achieve the pass standard. This information informs the report sent to their treating physiotherapist and surgeon.
- The patient will be referred back to the treating physiotherapist to progress rehabilitation further.
- The patient is still able to be re-tested at a point where the treating physiotherapist deems appropriate.

So far with the testing we have found that the test is difficult for patients to pass on their first attempt. This is mirrored by the data that Unisports collected throughout their testing which would suggest that approximately half of patients tested pass on their first attempt. Furthermore, only a quarter of patients under 20 years of age pass on their first attempt.



# Wellington Sports Med

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## **Cost**

There is no cost to the patient, as mentioned above. The RIPT is fully covered by ACC funding.

## **Wellington Sports Med Physiotherapists**

The two physiotherapists delivering this programme for Wellington Sports Med are Campbell Makea and Tim Dovbysh. Campbell is the programme lead for our practice, so any queries can be directed towards him at [Campbell@wellingtonsportsmed.co.nz](mailto:Campbell@wellingtonsportsmed.co.nz) or alternatively referrals and other queries to our admin team at [admin@wellingtonsportsmed.co.nz](mailto:admin@wellingtonsportsmed.co.nz).

## **Wellington Sports Med contact**

Phone: 04 909 7609

Email: [admin@wellingtonsportsmed.co.nz](mailto:admin@wellingtonsportsmed.co.nz)

Address: Wellington Sports Medicine Ltd,  
ASB Sports Centre,  
72 Kemp Street,  
Kilbirnie,  
Wellington

Thank you for participating in this initiative. If you have any questions or comments please don't hesitate to contact us.