

3<sup>rd</sup> International Conference and Expo on

# Physiotherapy

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## ACL injury rehabilitation program

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The numbers of people playing team sport, such as football, futsal, basketball or other sports, are incredibly increasing as people are more concerned in healthy life style. The internal and or external condition and other issues are all playing important role in how injury might happen to a person. One of the common injuries in sport activities involving the knee is tearing of anterior cruciate ligament (ACL). It can be a truly devastating condition to an athlete's career in sports or a simple disability for recreational athlete as well. The goal of managing an injury is to return to the sport. It is quite a simple goal, but takes so many things to be concerned of and managed well from the beginning of an injury, how and when the injury is treated until the whole rehabilitation process completed. This successful program will prepare the person that undergo the surgery of an ACL tear and finish the rehabilitation process, to be able to return to his or her previous sporting activities.

### Biography

Arinta Dewi Murharyo has completed her graduation as a Medical Doctor from Faculty of Medicine, University of Indonesia in 1998. She then continued her training in several courses and attachments, including Sport and Exercise Medicine Division at University College of London, London Academy of Sport and Health Sciences and international basic and advance Kinesio taping course for sport injury. Currently, she is an Associate Member of BASEM (British Association of Sport and Exercise Medicine). She continues to pursue her passion to work as a Sport Physician and most of all to be specific in orthopedic rehabilitation setting, which currently engaged her to a well-established knee and shoulder orthopedic sport center for the last few years.

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