ACL EXERCISE STUDY

We are studying the effects of weight training exercise to improve strength and function in people who have injured their ACL.

Participants will receive supervised training for 10 weeks.

Participants’ muscle strength and function will be assessed before and after training.

Men and women may be eligible if they:
• Are between 16 and 55 years old
• Have had a non-contact ACL tear
• Have not had ACL reconstructive surgery yet
• Are cleared to perform exercise by their surgeon and physiotherapist

For more information:
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