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Introduction

Current assessment methods after an ACL injury do not consider how the individuals themselves experience their participation in activities or what factors they think have affected their current activity level.

Aim

Describe ways of experiencing participation in activities of daily living, at work/in school, and in sports, in people with non-reconstructed ACL injury and their feelings about these matters.

Describe aspects affecting the currently achieved activity level.

Conclusion

Non-reconstructive management after an ACL injury can result in a satisfactory knee function and activity level.

When neglect of the knee injury and being hindered to participate is present, other treatment may be indicated.

Factors within all components of ICF can affect the activity level, and should be considered for individual tailored rehabilitation.

Material and Methods

- 19 individuals with a non-reconstructed ACL injury
- Age: 18-43 years
- Injured 1-5 years ago
- Semi-structured interviews
- Phenomenographic approach

Results

Five qualitatively different categories of ways of experiencing participation in activities were identified. The categories comprised of five interrelated aspects. Factors affecting the activity level are described as facilitating or hindering within the framework of ICF.

Ways of experiencing participation in activities

	Unconditioned participation	Participation as conditioned by risk appraisal	Participation as conditioned by experiencing control of the knee	Participation as conditioned by experiencing knee impairment	Participation as conditioned by neglecting the knee injury
Focus	•Activity	•Risk	•Control	•Impairment	•Activity
Level of performance	•Full	•Partial •Changed •Given up	•Full	•Hindered •Partial	•Full
Activities	•Daily living •Work •Sports (soccer, bandy, downhill skiing)	•Sports (motocross, downhill skiing, soccer, floor ball) •Daily living •Work	•Daily living •Sports (downhill skiing, badminton) •Work	•Sports (soccer, running) •All daily living	•Sports (boxing, floorball)
Strategies	•Gradual progression	•Avoidance •Careful •Reorientation	•Proactive •Reactive	•None •Cessation	•Motivation •Neglecting •Forgetting
Feelings	•Satisfied	•Acceptance	•Positive	•Negative •Acceptance	•Tiresome, but positive

Factors affecting the activity level

	Body structure	Body function	Activity/ Participation	Personal factors	Environmental factors	Other
Facilitating	• Stable knee	• Physical function • Overcoming fear • Confidence in knee function	• Ability to run • Early return to activities • Being active • (Re)learning technique • Control instability	• Taking control • Avoidance of situations • Consciously awareness • Motivation • Neglecting injury	• Physical therapy • Knee brace	• Time
Hindering	• The injury • Unstable knee	• Loss of muscle function • Fear of (re)injury • Low confidence in knee function	• Periods of inactivity • Inability to control instability	• Age • Avoidance due to risk appraisal • Lack of strategies	• Denied re-construction • Changes within team • Opponents • Surrounding	



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