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Open- or Closed-Kinetic Chain Exercises After Anterior Cruciate Ligament Reconstruction?

Fleming, Braden C.; Oksendahl, Heidi; Beynnon, Bruce D.

Abstract

Open-kinetic chain (OKC) and closed-kinetic chain (CKC) exercises may not differ in their effects on the healing response of the anterior cruciate ligament (ACL)-reconstructed knee. Recent biomechanical studies have shown that the peak strains produced on a graft are similar. Clinical studies suggest that both play a beneficial role in the early rehabilitation of the reconstructed knee.