

# What's new in ACL Rehab? – Clinical Symposium

## *Applying the Cross Bracing Protocol for ACL healing & the OPTIKNEE Consensus to prevent osteoarthritis*

FRIDAY 3<sup>RD</sup> MARCH 2023 3-8PM

Western Lecture Theatre, La Trobe University (online Zoom option available)

<b>3-3:30pm</b>	<b>REGISTRATION</b>	
<b>Session 1: The Cross Bracing Protocol</b>		
<i>(Chair: Adam Culvenor)</i>		
<b>3:30-3:40</b>	Dr Adam Culvenor	Welcome, housekeeping
<b>3:40-4:00</b>	Dr Stephanie Filbay	<i>The Researcher:</i> ACL healing without surgery – what is the evidence?
<b>4:00-4:45</b>	Dr Tom Cross	<i>The Physician:</i> “Cross Bracing Protocol” for ACL healing – who, what, how?
<b>4:45-5:10</b>	A/Prof Jane Rooney	<i>The Physio:</i> Managing the non-operative ACL patient through the bracing protocol to return to sport
<b>5:10-5:45</b>	<b>PANEL QUESTIONS/DISCUSSION with live patients</b>	
	<i>The Patient:</i> Experience going through the Cross Bracing Protocol	
<b>5:45-6:00</b>	<b>SHORT BREAK</b>	
<b>Session 2: The 2022 OPTIKNEE consensus</b>		
<i>(Chair: Andrea Bruder)</i>		
<b>6:00-6:20</b>	Dr Adam Culvenor	Maximising knee health after ACL injury: who and what to target
<b>6:20-6:40</b>	Dr Brooke Patterson	Maximising knee health after ACL injury: how to monitor strength, function, self-reported outcomes
<b>6:40-7:00</b>	<b>PANEL QUESTIONS/DISCUSSION</b>	
<b>7:00-8:00</b>	<b>REFRESHMENTS AND NETWORKING</b>	