

CHRISTOPHER KUENZE, PHD, ATC

2018 RESEARCH GRANT RECIPIENT

“Physical Activity Participation in Adolescent Athletes with a Recent History of ACL Reconstruction”



New Investigator Grant 2018 - 2021
Funding: \$23,000

CLINICAL TAKE HOME MESSAGE

Despite a majority of adolescent patients reporting a return to sport within the first year after anterior cruciate ligament reconstruction (ACLR), <10% met current physical activity guidelines for adolescents at 6, 9, or 12 months post-surgery. Return to sport, while a reasonable goal, may not be sufficient to facilitate physical activity participation that is adequate in duration and intensity of physical activity to mitigate the risks of chronic disease.

IMPACT

This study found the majority of patients post ACLR are insufficiently active at 6, 9, and 12 months after surgery despite reporting attempted return to sport. Also, adolescents are less physically active than adults during the first year after ACLR. Overall, these findings highlight that the lived experience of adolescents with ACLR may not be consistent with expectations of a rapid return to sports. Athletic trainers may be able to leverage their clinical interactions with adolescent patients to promote engagement in sport and non-sport related physical activity.

Dr. Kuenze is an Associate Professor in the Department of Kinesiology, a clinical Assistant Professor in the Department of Orthopedics, and a Co-Director of the Athletic Injury and Rehabilitation Laboratories at Michigan State University. His research interests are the impact of ACL reconstruction on physical activity participation and the development of interventions to promote physical activity during clinical care. His secondary interests include clinical evaluation of lower extremity neuromuscular function and biomechanics in patient with ACL reconstruction with the goals of reducing the risk of posttraumatic osteoarthritis. Dr. Kuenze has over 60 refereed publications and has received external funding as a principal investigator from the National Athletic Trainers' Association Research and Education Foundation and the Great Lakes Athletic Trainers' Association.



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"The NATA Foundation funding provided me with my first grant as an assistant professor at Michigan State University. Not only did it provide me with the ability to execute a novel project in a scientifically rigorous manner but it also gave me the confidence to continue pursuing my research interest aggressively."

*Three publications related to this grant are in review.
Stay tuned for updates!*