

**EXERCISE THERAPY IN POST RECONSTRUCTION SURGERY PATIENTS  
ANTERIOR CRUCIATE LIGAMENT (ACL) IN IMPROVEMENT  
QUADRICEPS AND HAMSTRING MUSCLE STRENGTH**

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**SUMMARY**

**Background:** Muscle strength is the maximum ability of the muscles to contract. Post reconstruction of the Anterior Cruciate Ligament (ACL) will causes a decrease in muscle strength, giving exercise therapy in the form of strengthening with the principle of activating and contracting muscles causes an increase lower limb muscle strength around the injured area that was previously inactive or post reconstructive weakness particularly in the quadriceps muscle group cause functional instability and physiological changes such as loss of feedback from mechanoreceptors Anterior Cruciate Ligament (ACL), muscle fiber atrophy and deduction of neural activation. Strengthening exercises active muscle work and accelerate metabolism so as to facilitate blood flow with carry nutrients throughout the body. **Objective:** Introduction to making media Information and Education Communication (IEC) regarding exercise therapy as a medium promotion of physiotherapy in treating post reconstruction Anterior Cruciate Ligament (ACL) patients. **Method:** The method used uses IED media namely booklets produced as an implementation of health promotion that can be carried out used as a reference by physiotherapy and physiotherapy students. **Results:** IEC print media in the form of booklets can be distributed directly to general public. **Conclusion:** As a media promotion, information and education for society, especially in patients after Anterior Cruciate Ligamen (ACL) reconstruction in increasing muscle strength by applying exercise therapy.

*Keywords: Exercise Therapy, Muscle Strength, Anterior Cruciate Ligamen (ACL) Reconstruction*