



9th Annual Sports Medicine Topics Cracking the Code: Quad Tendon ACLR and the Science of Strength & Sport Readiness

Friday, October 16, 2026

Children's Hospital of Philadelphia HUB for Clinical Collaboration

Course Overview

Participation in sports, from youth leagues to college athletics, has resulted in increased injury rates for the pediatric and adolescent population. This course will outline the use of evidence-based decision making for physical therapists, as well as the medical management of pediatric & adolescent sports injuries in the developing athlete. This single-day event will focus on surgical graft preference, physiological factors and unique rehabilitation strategies to address difficulty restoring quadriceps strength following Anterior Cruciate Ligament Reconstruction (ACL-R).

General Information

The conference will be held in the Abramson Center at the Children's Hospital of Philadelphia, 3615 Civic Center Blvd, Philadelphia, PA 19104. The course registration fee is \$175 and includes continental breakfast, breaks, lunch, parking and syllabus material.



Register at:
chop.cloud-cme.com

Course Objectives

Upon completion of this course, participants should be able to:

- Understand the epidemiology, surgical considerations, and healing physiology of ACL reconstruction using quadriceps tendon autografts, including implications for graft selection and rehabilitation progression
- Analyze the central and peripheral mechanisms of arthrogenic muscle inhibition (AMI) and their impact on quadriceps strength recovery following ACL reconstruction
- Identify early-stage rehabilitation dilemmas specific to quadriceps tendon grafts, including pain inhibition, range of motion constraints, effusion management, and safe loading strategies
- Apply advanced biomechanical and neuromuscular principles to address persistent quadriceps weakness and asymmetry during mid- and late-stage rehabilitation
- Evaluate and integrate objective criteria for return-to-sport (RTS) decision making, including strength testing, functional performance measures, psychological readiness, and sport-specific demands
- Critically appraise current research trends and evidence related to ACL reconstruction outcomes, particularly focusing on quadriceps tendon grafts, strength recovery timelines, gender differences and reinjury risk

Physical Therapy Accreditation



The Children's Hospital of Philadelphia has approval of 5.5 hours of continuing education credits through the state physical therapy boards of Pennsylvania, New Jersey, New York and Delaware and the National Athletic Trainer's Association. The Children's Hospital of Philadelphia is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Cancellation and Refund Policy

The Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, the Children's Hospital of Philadelphia will refund any registration fees, less \$25 service charge. We are not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines/travel agencies. To process refunds for course withdrawals, cancellation must be received in writing by October 9, 2026. No refunds will be issued thereafter.

Services for People With Disabilities

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Department of Continuing Medical Education Department at 215-590-5263.



9th Annual Sports Medicine Topics

Cracking the Code: Quad Tendon ACLR and the Science of Strength & Sport Readiness

Children's Hospital of Philadelphia HUB Clinical Collaboration Building

PROGRAM

Friday, October 16, 2026

- 7:30 a.m. Registration & Continental Breakfast
- 8:00 a.m. Welcome & Opening Remarks
- 8:05 a.m. Quadriceps Tendon as Graft of Choice: Surgeon's Perspective
Todd Lawrence, MD, PhD
- 8:35 a.m. Central & Peripheral Physiological Factors Contributing to Quadriceps Dysfunction after ACL Reconstruction
Anne Lueng, PT, DPT, PhD
- 9:25 a.m. Early Rehabilitation: Keys to Address Quadriceps Activation & Weakness
Elliot Greenberg, PT, DPT, PhD
- 9:55 a.m. Break
- 10:15 a.m. Late-Stage Rehabilitation: Exercise Principles & Prescription
Elliot Greenberg, PT, DPT, PhD
- 10:45 a.m. Crossing to a Bridge Program: Transitioning Out of the Clinic and Into Strength Training
Rick Howard, DSc, CSCS, RSCC E, FNSCA
- 11:15 a.m. Sex-Based Differences in Recovery After ACL Reconstruction
Anne Lueng, PT, DPT, PhD
- 11:45 a.m. Expert Panel – Q & A
- Noon Lunch
- 1:00 p.m. Case Based Approach: Special Populations & Considerations
Briana Crowe, PT, DPT, OCS and Alyssa Butkus, PT, DPT
- 2:00 p.m. Deliberation of ACL-R Evidence: Support for Your Recommendations
- Criteria-Based RTS Goals Not Met: To Play or Not to Play?
Meredith Link, PT, DPT, ATC and Matthew Senese, PT, DPT, OCS
- Functional Brace for Return to Play or Don't Need It?
Dan Pinto, PT, DPT, OCS and Jacqueline Braun, PT, DPT, CSCS
- 3:15 p.m. Wrap-Up / Adjourn

Unless otherwise noted, faculty is from the Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

Course Directors

Jeff Albaugh, PT, MS, ATC

Sports Medicine Physical Therapy Supervisor

Ken Knecht, PT, MS, SCS

Education & Development Coordinator

Course Faculty

Jacqueline Braun, PT, DPT, CSCS

Physical Therapist II

Center for Rehabilitation

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Physical Therapist III

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