

A Female Specific Menstrual Cycle Phased Anterior Cruciate Ligament Rehab Programme

He hōtaka whakamātūtū e aro ana ki te wahine, te mate marama me te tīhae o te turi

Volunteers Needed For a Research Study On Female ACL Injuries

Emma O'Loughlin, Dr Duncan Reid and Dr Stacy Sims are conducting a study to understand how the menstrual cycle effects rehabilitation after ACL surgery.

We are looking for females who:

- ✓ Are 16 years or older
- ✓ Are undergoing ACL surgery
- × Are not taking the oral contraceptive pill

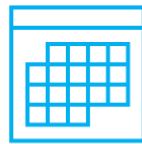
What will be required?



Be part of the study for 12 continuous weeks.



Rehab with your physio x 2/week for 30 minutes



Track your menstrual cycle



Take your temperature every day.



Take a urinary test a few times a month to check you have ovulated.

Are there any benefits for you?

- ❖ Engage in high quality rehab with an experienced physio and gym facilities.
- ❖ Learn about your menstrual cycle.
- ❖ Possible improved muscle strength & function of your injured knee.

Do you have to pay for anything?

- ❖ We will endeavour to pay all your physiotherapy costs; however, you may have to partially pay for some physiotherapy treatment sessions.
- ❖ This can be discussed

If you are interested, please contact me. I will provide you with more information.

Emma O'Loughlin, PhD Candidate ccq8275@aut.ac.nz 0221723949

This research is being conducted as part of a PhD thesis in Physiotherapy in Auckland University of

Technology. The supervisor is Professor Duncan Reid (duncan.reid@aut.ac.nz)