



S.M.A.R.T. PROGRAM

Study for Young Athletes after ACL Reconstruction Surgery

Take control of your stress!

The problem: injury-related stress

Student-athletes are reported to experience higher levels of stress due to managing many responsibilities and participating in demanding extracurricular activities.

Recent studies have shown young athletes suffer significant psychological stress after an ACL injury and surgical reconstruction of the ligament.

This stress can manifest as depression, anxiety, fear of returning back to sports, fear of recurrent injury and decreased performance in school.

These factors can have a negative effect on the overall well-being of these patients at an already stressful time of life.

Researchers are looking for a SMART solution.

The S.M.A.R.T.™ program

The Stress Management And Resilience Training program is a fun, interactive and dynamic way for teens and young adults to learn to cope with stress.

In each of the eight, one-hour sessions, stress resilience experts help you explore proven coping strategies to beat stress, improve focus and help you relax.

Learn some cool, simple tips and tools to:

- Help you deal with stress
- Increase your self-confidence
- Build on your strengths
- Capture positive thoughts

Taking action

University Hospitals is looking for recreational and competitive athletes, ages 14 to 22, who have suffered an ACL injury requiring reconstruction surgery to participate in a research study.

This study will determine the effect that the S.M.A.R.T. program has on an athlete's recovery after an ACL reconstruction surgery.

Study participation

Interested and qualified patients may be asked to participate in this study following their scheduled ACL reconstruction surgery. During the study, they will be asked to complete a few questionnaires throughout the year following their surgery and may be randomly selected to participate in the eight-week long S.M.A.R.T. program at UH Connor Integrative Health Network in partnership with UH Sports Medicine.

More information

To learn more about participation in this study, consult with a UH Sports Medicine physician by calling **216-983-PLAY (7529)**.

