

## “Biopsychosocial Assessments of Kinesiophobia and Functional Outcomes Post-ACL Reconstruction”

NATA FOUNDATION DOCTORAL RESEARCH GRANT: 2024-2025



**FUNDING:** \$2,500

**FUNDED BY:** THE ABDENOUR FAMILY RESEARCH GRANT

### PROJECT SUMMARY

This project is investigating the link between kinesiophobia, a psychological response, and physical function in individuals after anterior cruciate ligament (ACL) reconstruction. Leveraging multiple domains of data like jump-landing biomechanics (motor), perceptual-motor function (cognitive), and patient-reported outcome measures (affective) will be useful to inform clinical decision-making and reduce the burden of symptoms and functional deficits after ACL reconstruction.

### IMPACT ON THE ATHLETIC TRAINING PROFESSION

This doctoral grant is an innovative biopsychosocial approach to understanding changes in established and modifiable surrogate endpoints associated with secondary ACL injury. The methods and equipment used in this proposal are more feasible for athletic training settings than marker-based motion capture systems which helps the translation and implementation of these findings to advance the profession, unify research with clinical practice, and improve patient care.



PRINCIPAL INVESTIGATOR:

**ELAINE REICHE**

**THE UNIVERSITY OF NORTH  
CAROLINA AT CHAPEL HILL**

“My research examines the cognitive, affective, and motor responses after orthopedic injury. My goal is to understand how emotions, attention, and motor behaviors interact, in order to identify interventions that improve motor learning during rehabilitation. Overall, I want to improve quality of life for patients after musculoskeletal injury and engage in patient-centered, clinician focused, translatable research.”