

# 第245回スポーツサイエンス研究会

日時/形式 2025年1月16日(木) 9:00, Zoom開催

Zoom情報  
URL: [こちらをクリック](#)  
ID: 987 3927 1884  
パスコード: 681206

演題 Return to Sport Decision Making for  
Pediatric and Adolescent Anterior  
Cruciate Ligament Reconstruction

演者 Dr. Lauren S. Butler,  
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Clinical Assistant Professor



**Abstract:** This presentation will focus on evidence-based strategies for determining when pediatric and adolescent athletes are ready to safely return to sport following ACL reconstruction. The session will highlight the importance of a comprehensive objective approach to decision-making. Attendees will learn to select and implement appropriate return to sport tests, including strength, functional performance and psychological readiness assessments tailored to young athletes. The presentation will also cover how to interpret return to sport tests and integrate them into a framework for evaluating safety and readiness.

**Bio:** Lauren Butler is a board-certified clinical specialist in Sports physical therapy and a Clinical Assistant Professor at Florida International University. Dr. Butler worked at Nicklaus Children's Hospital for 13 years providing physical therapy and injury prevention and performance-based care to youth athletes. Dr. Butler continues to actively treat patients at Nicklaus Children's Hospital. Dr. Butler is a committee member for the Pediatric Research in Sports Medicine Society and for the Anterior Cruciate Ligament Reconstruction Rehabilitation Workgroup (ARROW). Her research interests include ACL rehabilitation and return to play, clinical biomechanics, and physical literacy. She has over a dozen publications related to various topics in pediatric sports medicine.

