

## **Lay Language Summary**

The proposed project aims to determine the readiness and deficits of physical therapists for using a psychologically informed practice (PIP) approach to help patients who experience fear of re-injury after ACL reconstruction (ACLR). Fear of re-injury is often cited by patients as the reason for not returning to sport after ACLR. Assessing and treating fear of re-injury through a PIP approach is advocated; however, it is known that physical therapists may lack the confidence or skills to optimally address fear of re-injury. Training physical therapists to confidently and skillfully assess and treat fear of re-injury is a high priority. At this time it is unclear how ready physical therapists are to use a psychologically informed practice approach to manage fear of re-injury after ACL reconstruction. This proposed project intends to elucidate physical therapists' perspectives on using a PIP approach during ACLR rehabilitation. This will be accomplished through an online survey and will determine physical therapists' readiness to change towards a PIP approach. The proposed project involves the development and administration of an electronic survey to 500 practicing physical therapists who have treated at least five patients with ACLR in the past year. The survey includes information on the physical therapists' awareness, beliefs, and current clinical behaviors for assessing and treating fear of re-injury. Ultimately, this knowledge will inform future training in PIP that is tailored to physical therapists' needs in order to progress their readiness towards assessing and treating fear of re-injury after ACLR.