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## **SUMMARY**

### **Comparison of standard methods of rehabilitation in patients after reconstruction of the anterior cruciate ligament (ACL) and the PNF method**

The aim of this study was to determine which of the rehabilitation methods used after reconstruction of the anterior cruciate ligament (ACL) is more effective. The study was conducted on a group of 40 people selected based on the type of injuries which was rupture of the anterior cruciate ligament. Thirty people in the research group are people actively practicing sports - Sports Club members, while 10 individuals in the control group are hospital patients who underwent ACL reconstruction. To assess the subjective experience associated with the circumstances of injury, surgical reconstruction and rehabilitation effects, a diagnostic survey method was used with the questionnaire technique, and for the objective assessment of the joint the test prepared by the Western Ontario and McMaster Universities Osteoarthritis was used.