



Analyzing the Quality, Reliability, and Educational Value of ACL Rehabilitation Exercises on TikTok: A Cross-Sectional Study

The videos we found were poor when made by both medical experts and normal users alike.



Why and How We Did This Study

Since the COVID-19 pandemic, more medical information has been spread on social media. Many medical fields have started to check the quality of information on TikTok. Orthopedics has not yet done so. To test how good ACL rehab information is on TikTok, we searched for videos with hashtags #ACLrehab and #ACLexercises. We graded 119 videos on reliability, quality, and educational content. This study is important because ACL tears and TikTok use are common among younger people. This study can show them the quality of ACL rehab information on TikTok. Also, this study may help doctors and physical therapists improve what they share on TikTok.



Searched terms
#ACLrehab and #ACL
Exercises in TikTok

119 out of 150 videos
found were selected to
be reviewed

Each video was graded
on quality, reliability,
and educational value



Results and Suggestions

These videos were rated with one proven and one custom grading system. We found that the ACL rehab videos on TikTok had poor quality, reliability, and educational content. All the videos received a grade of "very poor" or "poor." None of the videos received a rating of "fair," "good," or "excellent." Oddly, videos made by medical professionals and general users both received similar ratings. These results could mean that TikTok is a poor platform for sharing orthopedic information. This may be because the videos are short or lack medical oversight. Some issues with the videos were a lack of citing sources and a lack of safety precautions. We suggest that the creators include links to published sources, and talk about benefits, risks, and safety precautions. With these changes, TikTok could become a good source for peer-reviewed, short-form videos about ACL rehab in the future.

[Read more about this study at the Orthopaedic Journal of Sports Medicine.](#)