

ACL Reconstruction Post-op Instructions

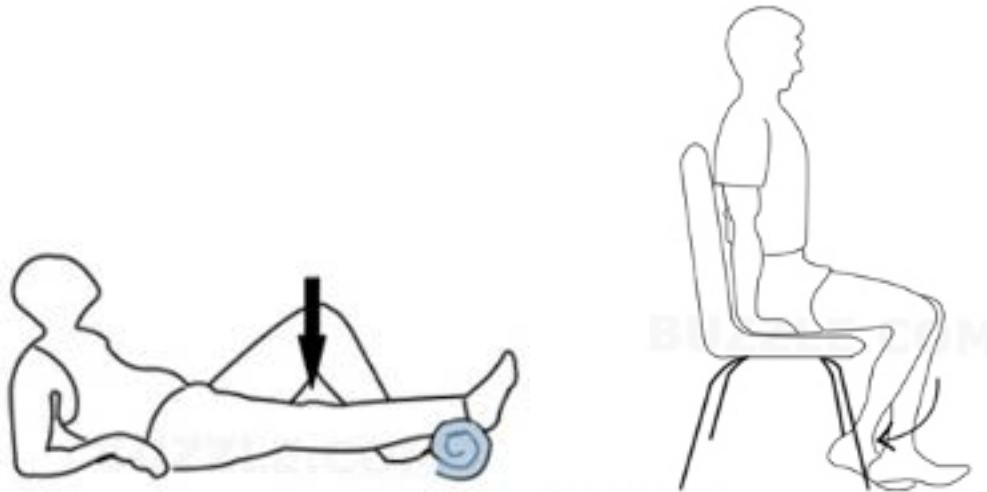
I. Prior to first post-op appointment (<2 weeks)

Surgical Bandage: Remove after 2 days, but leave Steri-Strips (~Band-Aids) in place until follow-up appointment. Place new Ace Wrap over knee. May shower, but do not soak wounds in water until completely healed.

Weight Bearing & Crutches: Weight bear as tolerated with crutches unless otherwise instructed.

***Note: Weight bearing is restricted to “touch down” (~weight of leg) for meniscal repairs and collateral ligament (MCL or LCL) repair or reconstruction.

Range of Motion: Focus on regaining full extension (leg all the way straight, equal to normal side). Goal 0-90 degrees by 2 weeks.



Muscle Activation (begin within 2-3 days after surgery):

- Quad sets (below left) – with the knee straight, fire/flex the quadriceps muscle and hold for 5 seconds. Relax. Repeat 20+ times.
- Straight leg raises (below right) – Raise leg straight up 1 ft, then lower and repeat. Try to keep knee straight. Repeat 20+ times.



Begin formal physical therapy within 4-5 days after surgery following protocol provided (also available at www.MattDriscollMD.com). Make arrangements to begin therapy in advance to ensure that you start on schedule.

II. After first follow-up appointment (2-6 weeks post op)

Weight Bearing & Crutches: May discontinue crutches when gait is normal, full knee extension is restored, and quadriceps is functioning well (2-4 weeks in most cases).

***Note, weight bearing is restricted to “touch down” (~weight of leg) weight bearing for 6 weeks following collateral ligament (MCL or LCL) repair or reconstruction and *some* meniscus repairs.

Range of Motion: Focus on regaining terminal extension (leg all the way straight, equal to normal side) and flexion. Goal 0 - >120 degrees by 4-6 weeks.

Exercises: Continue physical therapy 1-2 times per week. Continue home program daily, focusing on the same exercises as above, and progressing with therapist guidance. Aim for 2-300 quad sets and straight leg raises per day.