

## **POST-OPERATIVE GUIDELINES FOLLOWING ACL RECONSTRUCTION**

<b>Crutches</b>	1 to 3 weeks for patient comfort and support. Weight bearing may start from day 1 post surgery.
<b>Brace</b>	2 to 4 weeks. Locked at night until full extension achieved. The flexion setting on your brace will be adjusted accordingly by Dr. Barrow or your Physiotherapist.
<b>Stocking</b>	10 days.
<b>Driving</b>	10 days to 2 weeks post surgery.
<b>Stationery bike</b>	4 to 6 weeks.
<b>Road bike</b>	12 to 16 weeks.
<b>Elliptical machine</b>	8 weeks.
<b>Swimming (crawl)</b>	10 to 12 weeks.
<b>Jogging in a straight line</b>	16 to 20 weeks.
<b>Running on an uneven surface</b>	6 to 7 months.
<b>Skipping / jumping</b>	12 to 16 weeks.
<b>Contact sport</b>	9 to 12 months.
<b>Biokinetics</b>	4 months.
<b>Golf</b>	6 months.
<b>The above time guides are approximations only – consult with Dr. Barrow or your Physiotherapist before starting any of the above activities.</b>	
<b><u>Post-operative exercises from day 1:</u></b> To be done 4 times per day: <ul style="list-style-type: none"> <li>• Isometric quadriceps progressing to a straight leg raise (3 x 8).</li> <li>• Knee pushes into bed, hold for 5 seconds (3 x 8).</li> <li>• Passive knee stretch using a pillow under the heel (torture pillow) – 20 minutes.</li> <li>• Heel slides (bend knee as far as pain allows, x 15).</li> </ul>	
Practice walking with a heel / toe gait.	
<b>Stairs</b>	<ul style="list-style-type: none"> <li>• Up: good leg, bad leg, crutches.</li> <li>• Down: crutches, bad leg, good leg.</li> </ul>
<b>Showering</b>	<ul style="list-style-type: none"> <li>• Glad wrap and duct tape; or</li> <li>• ‘Shower glove’; or</li> <li>• Waterproof plaster.</li> </ul>
Ice (15 minutes on – 10 minutes off repeated throughout the day for the first 2 weeks).	
You will be given additional exercises by your Physiotherapist at your first out-patient appointment.	
<b><u>Aims of rehabilitation in the first 3 weeks:</u></b> <ul style="list-style-type: none"> <li>• Full active and passive extension.</li> <li>• Flexion to 100°.</li> <li>• FWB.</li> <li>• Decrease swelling / pain.</li> <li>• Functional co-contraction of quads and hamstrings.</li> </ul>	
Start with your out-patient physiotherapy approximately 3/4 days post surgery.	

