



KNEE ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

You are recovering from a reconstructive knee surgery.

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your knee elevated as much as possible for the next few days.
2. Keep your dressing on for three days, after that you may remove the bandages and replace them with clean ones. Keep the dressing dry until we see you for your first post-operative visit. You may shower by wrapping plastic over your dressing.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use your cold therapy unit as we have directed (20 minutes on, 20 minutes off) until you are seen in the office.
5. You may walk with your crutches allowing your operated leg to bear weight as tolerated. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe.
6. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop all exercises that cause sharp pain.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen in the office within the week for follow-up. Please call our office if you have any questions or concerns.



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Heel-Leg Prop

Elevate your leg by placing a cushion underneath your lower leg or heel as shown. While the leg is elevated, you may also bend your ankle so your foot moves up and down or in circles. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.



Ankle Pumps/Circles

Move your foot up and down, or in circles, from the ankle. This may be done while you are doing the Heel-Leg Prop. Repeat 4-8 times per day.



Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



Calf Stretch

Using a towel or a belt, gently stretch your calf muscles as pictured. Keep your knee straight. Hold the stretch for 20-30 seconds. Do this 4-6 times per day.



Assisted Knee Flexion

When seated in a chair, allow your knee to bend a comfortable amount. Use your other foot to control bending and straightening your knee. Stop if this becomes uncomfortable. This may be done several times throughout the day.