

Rehabilitation Department

Post Operative Information For Patients Undergoing Anterior Cruciate Ligament (ACL) Reconstruction

On the day of the operation

A physiotherapist will provide elbow crutches and advise on the appropriate use.

The exercises overleaf will be explained.

It is important you perform these exercises once home.

You **must** continue using crutches until you can walk without a limp. This may take a couple of weeks.

You will be given a date to attend the ACL Rehabilitation Class at your closest hospital (Calderdale Royal Hospital or Huddersfield Royal Infirmary). If you live out of the locality you will be referred appropriately.

You will normally be discharged the day of surgery.

The ultimate goal of rehab is for you to return to your chosen sport/activity and to achieve symmetry between your two knees. Realistically, this is a long term goal that will likely take 12 months to achieve but this may vary, so please speak to your physiotherapist and your surgeon for a time scale specific to you.

Goals of the first week:

- Minimise swelling
- Start to regain full range of motion
- Maintain muscle strength

Precautions:

- No running
- No jumping
- No twisting or pivoting movements

Aims

First 2 - 4 weeks post surgery

- Full extension and a minimum of 120 degree flexion
- Minimum Swelling, < 1cm, measuring around patella
- Normal symmetrical gait

Guidelines:

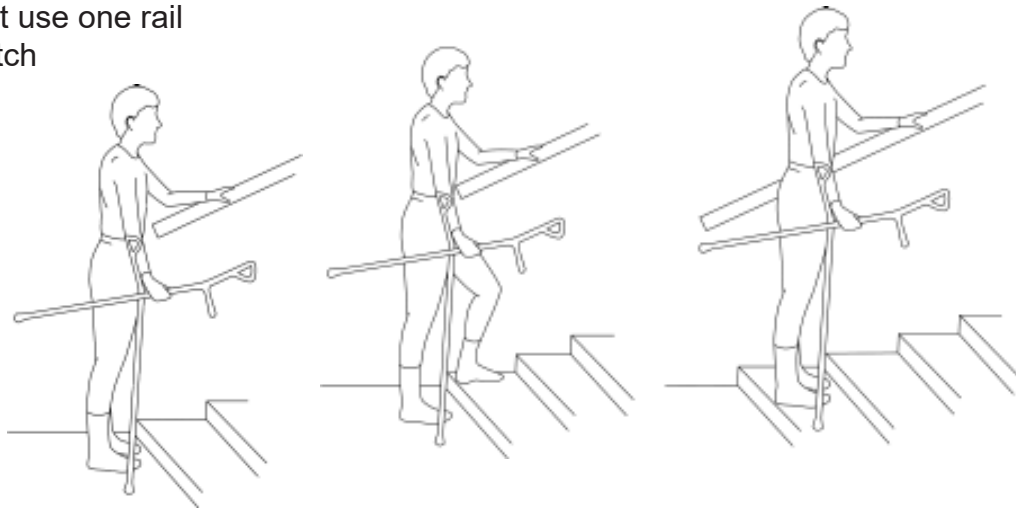
- Continue to ice the knee regularly for 15-20 minutes at least 3 x per day.
- Elevate the leg regularly throughout the day.
- Only complete the exercises as prescribed by your physiotherapist for the first 2 weeks post surgery

Going up stairs

GOOD LEG UP FIRST

Followed by stick or elbow crutch.

If handrail present use one rail and one stick/crutch

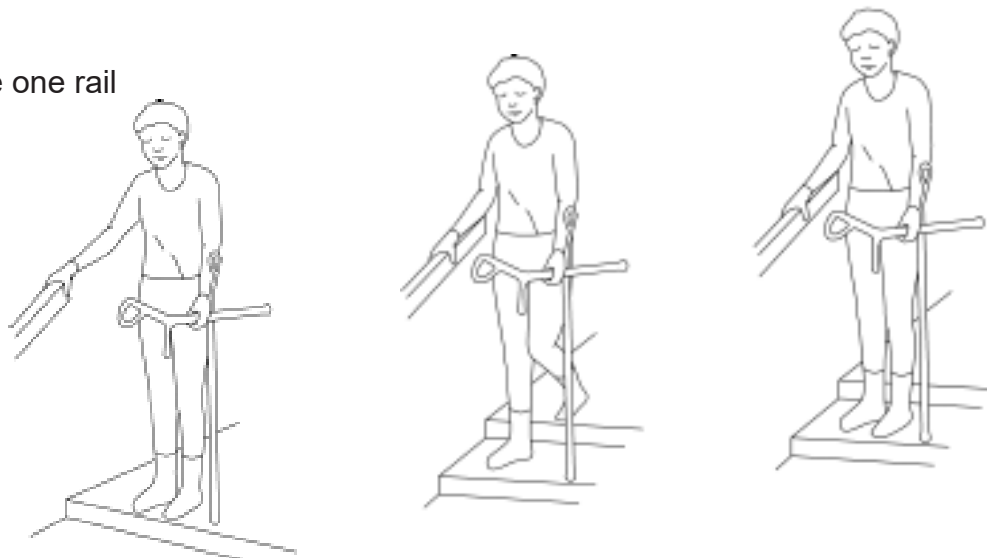


Going down stairs

Stick or crutch **DOWN FIRST**

BAD LEG DOWN

If hand rail present use one rail and one stick/crutch



Cardiovascular Exercises

1. Static Cycling



Taught	
Repetitions	
Time	

Hamstring Exercises

1. Supine Knee Bend

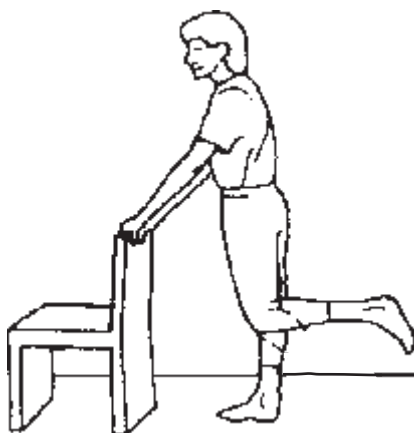
Slide heel back and forward



Taught	
Repetitions	
Time	

2. Standing Knee Bend

Hold onto solid object
Stand straight
Bend knee

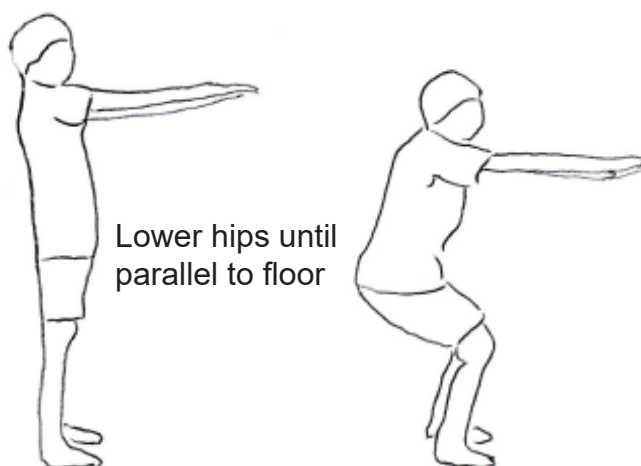


Taught	
Repetitions	
Time	

3. Bilateral Squat

Squeeze Buttocks

Lower hips until
parallel to floor

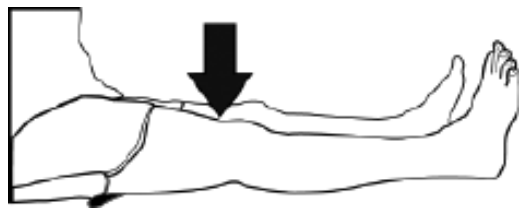


Taught	
Repetitions	
Time	

Quadriceps Exercises

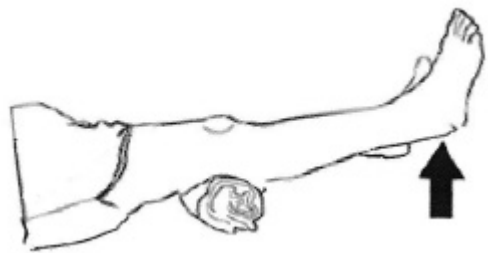
1. Static Quads

Tighten thigh muscles to flatten knee



Taught	
Repetitions	
Time	

2. Inner range quads

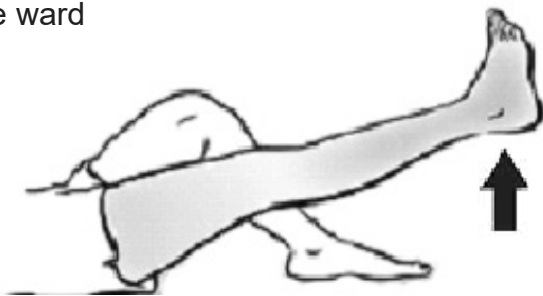


Tighten thigh muscles and lift heel off bed

Taught	
Repetitions	
Time	

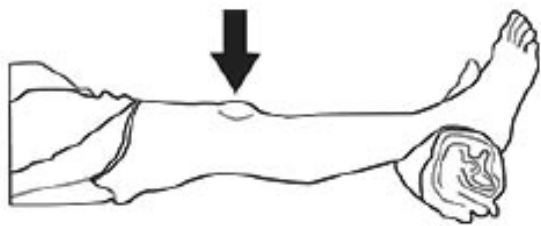
3. Straight leg raise

Only if your techniques has been approved by the ward physiotherapist.



Taught	
Repetitions	
Time	

4. Static quads with heel prop



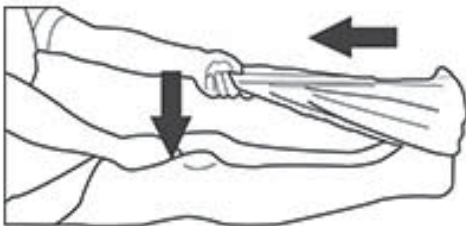
Prop heel on pillow and allow knee to sag

Taught	
Repetitions	
Time	

Hamstring stretches

1.

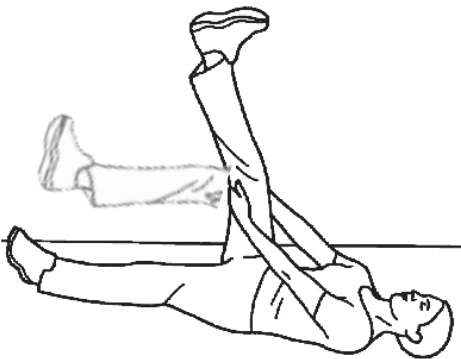
Push down on thigh with hand
Pull towards you with towel



Taught	
Repetitions	
Time	

2.

Support leg by placing hands behind knee.
Allow weight of lower leg to assist knee bend.



Taught	
Repetitions	
Time	

Glute exercises

1. Clams

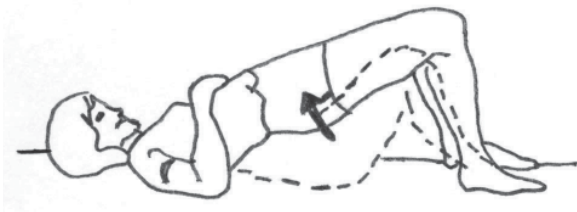
Clench buttocks
Keep heels together
Lift operated knee



Taught	
Repetitions	
Time	

2. Bridging

Clench buttocks
Dig feet into bed
Lift hips up off floor



Taught	
Repetitions	
Time	

Physiotherapy Contact Numbers

If you are having any queries or difficulty with your exercises prior to attending your first ACL rehabilitation class please do not hesitate to call the elective orthopaedic team directly on 01422 223554

Physiotherapy Department, Huddersfield Royal Infirmary Tel:01484 342434

Elective Orthopaedic Team, Calderdale Royal Hospital Tel: 01422 223554

Physio Gym, Calderdale Royal Hospital

Between hours of 8am - 9am Tuesday - Friday Tel: 01422 222684

Web address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

QR Code:

Scan the QR code to take you to our website



If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal infirmary
Tel: 01484 342434

MSK Physiotherapy Admin Office
Tel: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"