

Physiotherapy

Department of Rehabilitation

Anterior Cruciate Ligament (ACL) Reconstruction

Post-operative Instructions

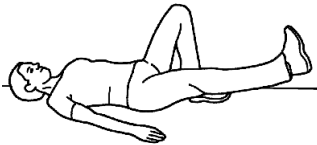


- The ACL is one of the four main ligaments that stabilise the knee. A torn ACL is reconstructed using hamstring or patellar tendon grafts.
- Your rehabilitation will commence immediately after the surgery and last for approximately 9 months. You will be seen by a physiotherapist in the ward with follow up in the outpatient physiotherapy department 1 week after surgery.
- You can start walking with crutches, keeping to the weight-bearing status as advised by your physiotherapist.
- A knee brace, if given, should be used for the first 3-4 weeks unless otherwise advised by your doctor/physiotherapist.
- Pain, swelling and stiffness are expected during the first few weeks after surgery.
- An ice pack can be used for 15-20 minutes, every 2 hours, during the first 1-2 weeks to reduce pain and swelling.
- Goals of rehabilitation programme:
 - ✓ Walking without crutches by the 2nd to 4th week
 - ✓ Return to sedentary work at the 4th to 6th week if approved by your doctor/ physiotherapist
 - ✓ Swimming by the 8th to 10th week
 - ✓ Running by the 12th to 16th week
 - ✓ Return to sports by the 9th to 12th month



Static Quadriceps

Straighten your affected knee. Press the back of your knee against the bed and tighten your quadriceps muscles. Repeat 10 times, 3-5 sets.



Straight Leg Raise

Straighten the affected knee, tighten your quadriceps. Lift up your leg while keeping your knee straight. Repeat 10 times, 3-5 sets.



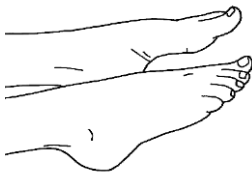
Hip Abduction

Straighten your affected knee, squeeze your buttock muscles. Slide your leg sideways. Repeat 10 times, 3-5 sets.



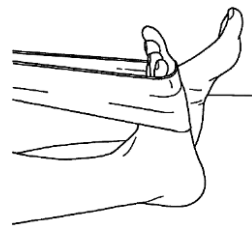
Heel Slide

Bend your affected knee till the edge of your brace set's limit, or as much as you can. Repeat 10 times, 3-5 sets.



Ankle Pump

Move your ankles up and down to encourage blood circulation. Repeat 10 times, 3-5 sets



Calf Stretch

Wrap a towel around your foot. Pull the towel towards yourself. Hold it for 30 seconds. Repeat 5 times, 3-5 sets.

Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.