

Post-Op ACL reconstruction exercise program

These exercises should be done slowly and smoothly.

Hold 5 seconds; repeat 10 times; do 2-3 sessions per day.

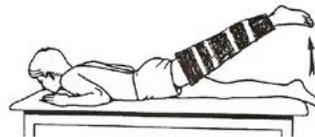
1. Lying on stomach, bend **your operated** knee towards your buttocks. The **non-operated** leg can help with the movement.



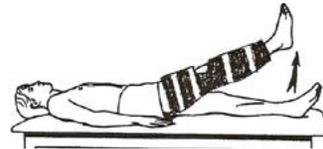
2. Sitting comfortably, gently push **your operated** leg back with your good leg until a stretch is felt.



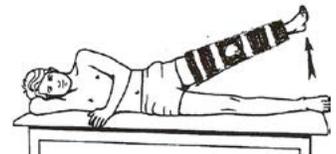
3. Lying on stomach (with splint), tighten thigh muscles, and then lift leg 8-10 inches away from mattress. Heel towards ceiling.



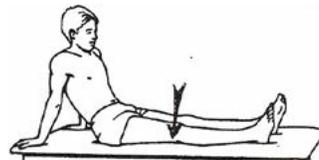
4. Lie flat with splint, tighten muscles on front of your thigh, bring toes towards your nose and then lift the leg 8-10 inches from mattress.



5. Lying on the **non-operated** side (with splint), tighten muscle on front of thigh, and then lift leg 8-10 inches away from mattress.



6. Lie flat or sitting on a supportive surface. Tighten muscles on top of your thigh by pushing your knee down into the mattress.



7. Lying on the affected side (with splint), tighten thigh muscle and lift the leg 8-10 inches away from the mattress.



Exercises

It is important to perform the exercises **2 to 3 times per day, every day**. They must be **held for 5 seconds** and **repeated 10 times**. It is important to do the exercises because it directly affects pain control and stability of the knee. It is recommended to begin **exercise number 6** on the **same day of the surgery**. On the **following day**, you should begin performing all exercises **(1-7)**. The exercises will be **progressed** in **physiotherapy**. You should start **physiotherapy** at Montfort or in a private clinic within **one week** after the operation. At first, the goal in rehab is to get more than 90 degrees of bending. Also, the knee has to straighten completely.

Ice

You can use the « **Cryo Cuff** ». Alternatively, use ice for **10-15 minutes**, no more than **once per hour**. It is recommended to apply this for **5 days**. After, use as needed when **pain or swelling** occurs. Swelling is often a sign that you are doing too much or not enough exercise.

Ambulation

For the **first week or two**, you should use **crutches**. You can put as much weight on your leg as tolerated. You must wear your splint for the first **two weeks WITHOUT** removing it for the night. For the next **2-3 weeks**, you must wear the splint only during the **day** unless told to do otherwise.

Stairs

When you **climb stairs**, it is the **non-operated leg** that goes first. Next comes the crutches and **operated leg**. To go **down**, it is the crutches that go first, with the **operated leg**. Finally, the healthy leg goes down.

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