

## ACL RECONSTRUCTION REHABILITATION

### Post Operation Instructions

After 4 hours remove any drains, if no continued drainage

Intravenous antibiotic (Keflin or similar, 1 gm 6th hourly)

The knee will be bandaged in Velband and crepe, which are reduced to a tubigrip bandage on discharge.

Crutches are usually not required but may be helpful for a week or two; you can walk fully on the knee.

**To reduce the risk of DVT (leg clots) Clexane injections for 10 days, along with calf exercises and stockings.**

### Weeks 0 to 2

#### GOAL

Reduce pain, swelling, begin muscle control rehabilitation and standing, weight bearing

#### PAIN AND SWELLING

Control by simple painkillers: Panadeine, Panadol, Non-steroidal anti-inflammatories and cold therapy (3 to 4 times daily for 20 minutes and after physiotherapy).

#### WEIGHT BEARING

Weight bearing as tolerated with or without crutches as needed.

#### EXERCISES

1. Hamstring static contraction at 30/60/90°
2. Hamstrings Quadriceps, co-contraction 30/60/90° and standing if possible.

### Week 2 to 6 (see Dr Burrow at 2 weeks Post-Op)

#### GOAL

Attain full Range of motion (0 to 150°).

Full weight bear

Increase hamstring and quadriceps control.

Decrease swelling use cold therapy.

#### WEIGHT BEARING

Attain full weight bearing - as good quadriceps control as achieved.

#### HAMSTRINGS

Begin active strengthening - concentric contraction initially side lying, progressing against gravity, and eventually to eccentric

#### CO - CONTRACTION

Begin quarter squat, continue static co-contraction and also in full extension.

**PROPRIOCEPTION**

Begin single stance proprioception work at week 4 to 6.

**GAIT**

Begin gait re-education

**SWIM**

Wounds healed and dry, may walk in pool and do laps with straight kicking (no breast stroke).

**BIKE**

Begin static bike machine at week 4. No resistance initially.

Week 6 to 12 (see Dr Burrow at 8 weeks Post-Op)

**CO - CONTRACTION**

May proceed to half squats against gravity. Continue static program. May begin closed chain leg curls at gym, using and progressing to 5 to 20 kg weights. Step up/down exercises.

**PROPRIOCEPTION**

Begin lunges. Shift weight bearing from one foot to the other.  
Begin mini trampoline and progress to wobble board.

**BIKE**

Increase resistance on stationary bike  
Thence begin ordinary bike (flat ground riding, no hills).

**SWIMMING**

Continue straight kick laps and walking, begin jogging in the pool.

**GAIT**

Progress to gentle jogging on firm ground (i.e. on grassy oval surface), no hills, no sprints and no stepping.

12 to 20 weeks (see Dr Burrow at 12-16 weeks Post-Op)

**STRENGTHENING**

1. Half squats with progressive weights.
2. Leg Presses with progressive weights.
3. Leg Curls with progressive weights.
4. Step work with progressive higher steps.

**PROPRIOCEPTION**

Mini trampoline - progress to single leg hop and gentle side to side step.

**GAIT**

Begin sport specific (running/training).  
Begin figure of 8 cycles with progressive smaller 8's.  
Begin side and backward running exercises.

20 to 24 weeks (see Dr Burrow at 20-24 weeks Post-Op)

**STRENGTHENING**

Continue to increase weight in gym from closed to open chain. Resisted leg extensions, squats and leg curls.

**GAIT**

Return over 4 weeks to non-contact training.

**FOOTBALL**

No sprigs for 4 weeks, training for 4-6 weeks progressing to practise game then a normal game

**SKIING**

Bindings set on low release settings for 8 weeks.

24 to 28 weeks

Return to sport as confidence, training and return of normal muscle strength tests allow.

**GREGGORY BURROW**