

Patient name:

Date of Surgery:

Surgery performed:

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General Ortho and Sports Medicine
South Bend Orthopaedics
Rehabilitation Protocol and Post-Operative Instructions:
ACL Reconstruction without meniscal repair

FIRST POST-OP WEEK

- A well-padded post-operative dressing will be placed in the operating room. Keep this clean and dry until removed by PT/OT at your first appointment.
- Crutches will be provided. You will be weight bearing as tolerated with crutches.
- A hinged knee brace will be placed in the operating room. This should be worn at all times, including sleeping, unless doing certain PT exercises or showering. The brace should be locked in extension when walking. **The brace should be unlocked when not ambulating.**
 - You can discontinue your brace only at the discretion of your surgeon or therapist
 - The benchmark for discontinuing your brace and crutches
 - 20 straight leg raises without extensor lag
 - Full extension obtained
 - No limp and fluid gait
- **Quad sets, attempted straight leg raises, and ankle pumps** – perform 10 repetitions of each, 10 times a day, starting the day after surgery.
- **Take your pain medication as prescribed, as needed for pain.**
- PT/OT ~ 2-4 days postoperatively
 - Removal of postoperative dressing
 - Reaffirming correct performance of quad sets and ankle pumps, and crutch use
 - Edema control via compression, manual mobilization and/or cold therapy.
- Formal therapy to occur once per week, with patient performing routine on own daily.

FIRST POST-OPERATIVE APPOINTMENT ~ 10-14 days after surgery

- Motion/incision check, suture removal.
- Possible brace/crutches discontinued if above criteria not already met

3 WEEKS POST-OP - Scar mobilization techniques may be initiated by PT/OT.

6 WEEKS POST-OP – 2nd postop visit

- Once full range of motion and a satisfactory healing time frame has been obtained, a work conditioning program is recommended for manual laborers, jobs that require heavy lifting, or lots of time spent on their feet.
- Physical Therapy visits may increase to 2 or 3 formal visits weekly during this period.

12 WEEKS POST-OP – 3rd postoperative visit

- Re-introduction of sport-specific activity. A strengthening protocol with therapy bands, cables, free weights, pivoting, cutting, acceleration/deceleration activities, and plyometrics must be followed in a stepwise and progressive fashion.
- It may take 6 months or more to return to full function for those with high demand employment, or athletic activities.

Further follow-up may be scheduled based on patient progress, and clearance needed to return to full activity.