

When can I start?

Driving - Discuss with your consultant. Usually 4-6 weeks.

Work - Discuss with your consultant. Usually 6 weeks.

Sport - 9-12 months

Please bring shorts to all of your follow up physiotherapy appointments.

Your follow up Physiotherapy appointment:

DATE :.....TIME :.....

PHYSIOTHERAPIST :.....

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**



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ACL Reconstruction

Physiotherapy Advice



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

What have I had done?

The procedure involves reconstructing the ACL using a graft from a tendon (hamstrings or patella). The graft is anchored with screws at either end, which are usually left in place with no consequences. You may also have surgery on other parts of your knee, such as neighbouring cartilage or other ligaments.

Will I experience pain?

You are likely to experience pain in the knee and graft site in the first 12 weeks. The pain may be worsened on activity, which is normal. You will be prescribed pain relief to take home, this is to be used to ensure you can meet all recovery goals. **If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

What should I avoid?

- Twisting/jumping/running/hopping actions on your operated leg
- Letting lower leg hang
- Walking with inadequate support, causing you to walk with a limp.

What can I do to help myself?

Take pain relief as advised by nursing staff.

- Apply ice in a damp pillow case/tea towel to the knee (15 minutes max) for extra pain relief, do this 3-5 times a day
- Elevate your leg whenever resting (ensuring maximum extension) and wear your Tubigrip for compression. **Do this until swelling has completely gone**
- Follow your physiotherapists instructions.

How will I walk after this operation?

For 2-6 weeks you will walk with elbow crutches to optimise your walking technique. You are able to take full weight on your operated leg as pain allows, unless otherwise instructed.

Use stairs one step at a time in the early stages.

Ascending: Non-operated leg → operated leg → crutch.

Descending: Crutch → operated leg → non-operated leg.

Return to normal stair function as soon as you are safe and able.

Being able to fully straighten the knee and reducing the swelling ASAP are very important.



Exercises

Lie on back, use good arm to lift operated arm straight over your head.

Maintain good posture.

Hold 3 seconds.

Repeat 10 times. 4 x daily

Stand facing a wall. Using a towel or paint roller, ease your hand up the wall avoiding compensation (arching the back or shrugging the shoulder). Step closer to the wall to get further with your arm. Reverse down the same way. *Hold 3 seconds, 10 times.* This movement can also be done for the arm out to the side movement.

Sitting or standing. Place rolled up towel/pillow between elbow and body. Maintain 90 degrees at the elbow. Push hand out to the side with a stick, maintain contact between elbow and towel/pillow. Hold 3 seconds.

Repeat 10 times. 4 x daily

Throughout the day, gently move the head and neck. Keeping shoulders still: look up to the ceiling, down to the floor, over left shoulder, over right shoulder, left ear to left shoulder and right ear to right shoulder.