

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**



Claremont Private Hospital
401 Sandygate Road
Sheffield S10 5UB

0114 263 0330
info@claremont-hospital.co.uk
claremont-hospital.co.uk

A Division of Aspen Healthcare Ltd.
Centurion House, 37 Jewry Street London EC3N 2ER
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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

Point your toes towards your head and push your knee down firmly against the bed, aiming to tense your thigh muscles. *Hold for 5 seconds. Repeat 20 times. Do often throughout the day as comfortable.*

Point your toes towards your head, lock your knee out straight and lift your leg off the bed approx. 20cm. *Hold for 5 seconds then lower down slowly. Repeat 10-15 times. Do 3 times every other day.*

Bend your knee until you feel it stretching to a maximum of 90 degrees. *Hold for 5 seconds. Repeat 10 times. Do 5 times daily.*

Place a rolled up towel under your heel. Tense your thigh muscles to straighten the knee. This can also be done while elevating your leg while sitting, with empty space under the knee. *Hold for 5 seconds. Repeat 20 times. Do throughout the day as comfortable. Increase length of hold to progress.*

While sitting with your knees bent, push down into the floor as strong as you can with both legs. Try and maintain an even pressure between left and right. *Hold for 5 seconds. Repeat 10 times. Do throughout the day as comfortable.*

Increase walking distance, repetitions, sets and hold times as comfortable.