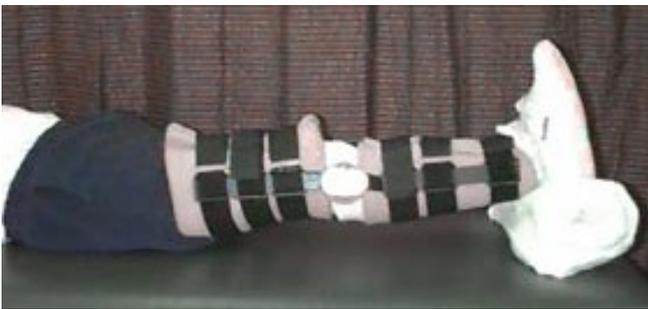


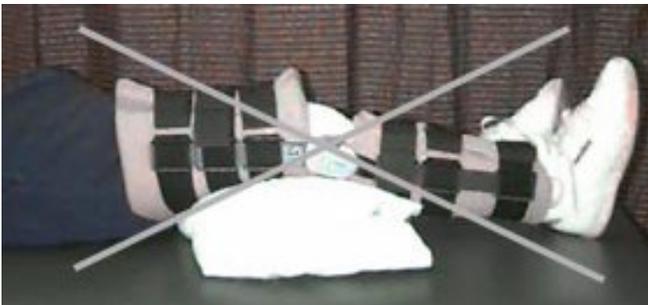
ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION (Immediate) Post-Op Home Exercise Program



The knee brace must be worn 'locked' in extension (straight) while walking and sleeping. You may take the brace off when doing certain exercises. Loosen or tighten the straps as necessary. To prevent the brace from moving up or down on the leg, keep the top straps snug.



When you are not exercising or walking, your leg should be **STRAIGHT** with a pillow, block, or book under your foot (heel) to let the knee 'sag'. Keep your leg elevated higher than the level of your heart. This will best control swelling.



NEVER, NEVER, put anything under your knee when you are resting, sleeping, or elevating your leg.



ICING

- ◆ If you have been given a Cryo/Cuff, use it for 20 minutes every hour. Otherwise, use a flexible, re-useable ice pack or a bag of crushed ice or small cubes for 20 minutes every hour. You may open the knee immobilizer, but do not take it off.
- ◆ Avoid getting your incision wet.
- ◆ Let the knee warm up before reapplication
- ◆ **Apply cold at least _____ times per day**

CRUTCHES

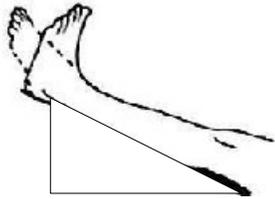
- ◆ Use 2 crutches when walking. Put approximately ½ of your body weight on your operative leg.
- ◆ Move your operative leg with your crutches.
- ◆ Take the excess pressure through your arms (not your arm pits) and your non-operative leg.
- ◆ Put your heel down first and mimic as normal of a gait pattern as possible

FIRST POSTOPERATIVE DAY EXERCISES

The following exercises are done with your knee immobilizer off.

ANKLE PUMPS

With leg elevated, gently flex and extend ankle. (Elevate the leg on some pillows)

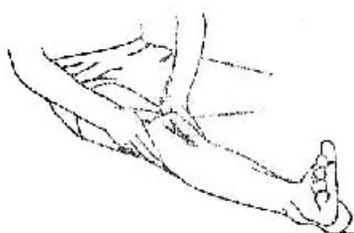


PATELLAR MOBILIZATION

- ◆ Hold each position for 5 seconds
- ◆ Repeat each 30 times
- ◆ Do 5-6 sessions per day



Push up
&
Pull down

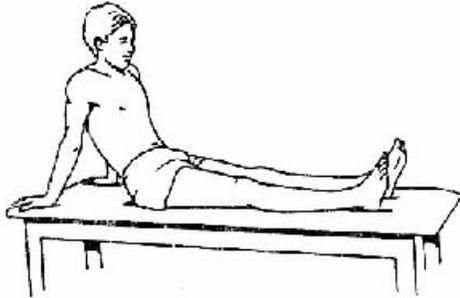


Push to the inside
&
Push to the outside



QUADRICEP SETS (ISOMETRICS)

- ◆ Hold each position for 6 seconds
- ◆ Repeat each one 30 times (3 sets of 10 repetitions per set)
- ◆ Do 5-6 sessions per day

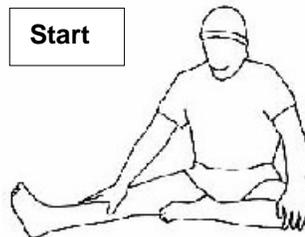


Tighten muscle(s) on top of thigh by pushing knees down into floor or table.

HAMSTRING STRETCH (Choose one)



Start



Finish

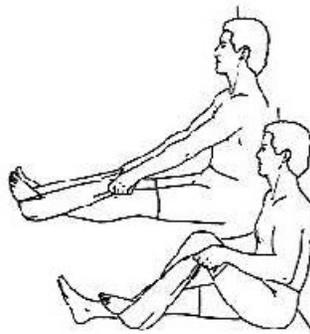


- ◆ Stretch slowly with no sudden jerks or bounces
- ◆ Hold position for 30 seconds and repeat 2-3 times
- ◆ Stretch 5-6 times per day
- ◆ Stretching must be pain free. You should feel a gentle tension

The following exercises should be done with the brace on.

RANGE OF MOTION (Unlock the brace to 90° or remove if instructed)

- ◆ Using a towel or belt, slide your heel as close to your buttocks as possible
- ◆ Hold for 5 seconds
- ◆ Repeat 30 times



STRAIGHT LEG RAISE

- ◆ Tighten the muscles on the front of the thigh
- ◆ Lift the leg 8-10 inches from the floor (bed)
- ◆ Hold for 3-5 seconds
- ◆ Repeat 30 times (3 sets of 10 reps per set)



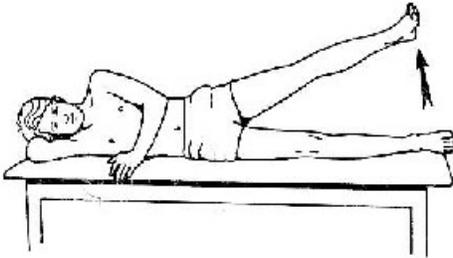
Knee Extension Stretching (Done without knee immobilizer unless instructed otherwise!)

- ◆ Place a towel roll under your heel and allow the knee to sag.
- ◆ Stay in this position for 30 minutes at least 3 times per day
- ◆ You can use 20 minutes of this time to ice your knee.

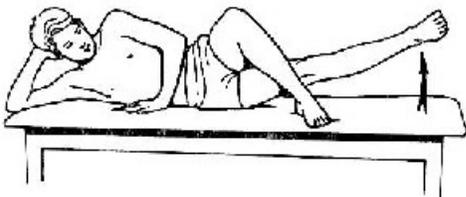


SECOND POSTOPERATIVE DAY

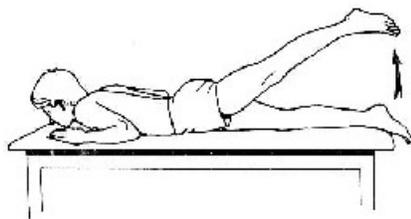
- ◆ Continue with all of day one's exercises as instructed.
- ◆ Add the following exercises. **DO ALL OF THESE WITH YOUR KNEE IMMOBILIZER ON!**



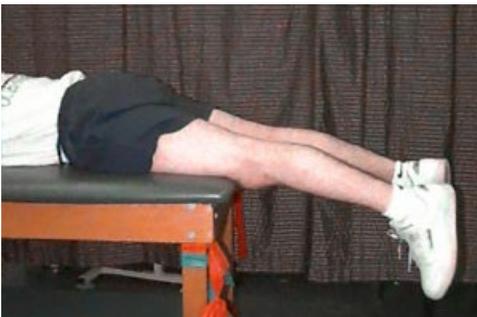
- ◆ Lay on your uninvolved side,
- ◆ Tighten the thigh muscle on your surgical (top) leg, then lift leg 8-10 inches.
- ◆ Hold for 3 seconds
- ◆ Repeat 30 times (3 sets of 10 reps/set)
- ◆ Do 5-6 sessions per day



- ◆ Lay on your involved (surgical) side,
- ◆ Tighten the thigh muscle on your surgical (bottom) leg, then lift leg 8-10 inches.
- ◆ Hold for 3 seconds
- ◆ Repeat 30 times (3 sets of 10 reps/set)
- ◆ Do 5-6 sessions per day



- ◆ Lay on your stomach,
 - ◆ Tighten the muscles in your buttocks and hamstrings, then lift your leg 8-10 inches
 - ◆ Hold for 3 seconds
 - ◆ Repeat 30 times (3 sets of 10 reps/set)
 - ◆ Do 5-6 sessions per day
- **If the hamstring tendon has been used for the graft, use caution. This must be pain free. Substitute glute sets instead of SLR.***



Additional Knee Extension Exercise: **PRONE HANGS**

- ◆ Lie on your stomach with both legs straight.
- ◆ Slowly push yourself toward the foot of the bed until your legs are hanging over the edge (up to the top of your knees)
- ◆ Allow your legs to hang there as tolerated (20-30 minutes)

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