

POST-OPERATIVE GUIDELINES FOLLOWING ACL RECONSTRUCTION

Crutches	1 to 3 weeks for patient comfort and support. Weight bearing may start from day 1 post surgery.
Brace	2 to 4 weeks. Locked at night until full extension achieved. The flexion setting on your brace will be adjusted accordingly by your surgeon or physiotherapist.
Stocking	10 days.
Driving	10 days to 2 weeks post-surgery.
Stationery bike	4 to 6 weeks.
Road bike	12 to 16 weeks.
Elliptical machine	8 weeks.
Swimming (crawl)	10 to 12 weeks.
Jogging in a straight line	16 to 20 weeks.
Running on an uneven surface	6 to 7 months.
Skipping / jumping	12 to 16 weeks.
Contact sport	9 to 12 months.
Biokinetics	4 months.
Golf	6 months.
The above time guides are approximations only – consult with your surgeon or physiotherapist before starting any of the above activities.	
Post-operative exercises from day 1:	
To be done 4 times per day:	
<ul style="list-style-type: none"> • Isometric quadriceps progressing to a straight leg raise (3 x 8). • Knee pushes into bed, hold for 5 seconds (3 x 8). • Passive knee stretch using a pillow under the heel (torture pillow) – 20 minutes. • Heel slides (bend knee as far as pain allows, x 15). 	
Practice walking with a heel / toe gait.	
Stairs	<ul style="list-style-type: none"> • Up: good leg, bad leg, crutches. • Down: crutches, bad leg, good leg.
Showering	<ul style="list-style-type: none"> • Glad wrap and duct tape; or • 'Shower glove'; or • Waterproof plaster.
Ice (15 minutes on – 10 minutes off repeated throughout the day for the first 2 weeks).	
You will be given additional exercises by your Physiotherapist at your first out-patient appointment.	
Aims of rehabilitation in the first 3 weeks:	
<ul style="list-style-type: none"> • Full active and passive extension. • Flexion to 100°. • FWB. • Decrease swelling / pain. • Functional co-contraction of quads and hamstrings. 	
Start with your out-patient physiotherapy approximately 3/4 days post-surgery.	

