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ACL RECONSTRUCTION + MENISCUS REPAIR GUIDELINES

	WEIGHT BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC GOALS	PATIENT'S CHECKLIST
Week 0-2	Crutches NWB with foot rest on the ground for balance when standing.	Yes Locked in full extension while walking. Remove while sleeping	0-90 degrees Focus on regaining full extension. Place towel under ankle.	Emphasize patient compliance to home exercise program and weight bearing precautions/progression Avoid pain with therapeutic exercise & functional activities	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Aspirin or Xarelto daily x 30 days ○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps. ○ Apply ice/Game Ready 4-6 times/day, 20min on/60min off. ○ Start Physical in the first week after surgery and should continue through 6 months or as advised by physician. ○ Patients are responsible for understanding the individual insurance coverage for PT.
Week 3-6	Progress to full WB	Yes Unlock brace when good quad control achieved.	0-90 degrees	Quad muscle reeducation Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion Patellar mobilization No open chain knee extension	
Week 6-14		Functional ACL brace if needed	Full	PT/HEP: LE strength progression within parameters from PT/physician. Continue/normalize phase I exercises as appropriate.	

Week 14-22+	Full	Functional brace if needed ACL brace fitted @ 6 months if indicated	Full	Stationary bike Emphasize patient compliance to maintenance strength program Avoid running until adequate strength development obtained and as advised by your PT and physician. Avoid pain with therapeutic exercise & functional activities. No high intensity sport involving cutting such as basketball, soccer, skiing until 9 months and/or as advised by your physician.	
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Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. You will wear the brace for 4-6 weeks. This will help protect your knee until your quad muscle gets stronger. We recommend the CyMedica Evive brace with integrated muscle stimulator. This will help reeducate your quad muscle after surgery and improve your function early. The CyMedica Evive brace requires an upfront deposit which is refundable after processed through your insurance. **Medicare does not provide coverage.**

Game Ready Ice Machine

- We recommend rental of this cold and compression unit. It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the hospital vendor for rental information including cost.

Driving Restriction

- Left leg surgery: 1 week for automatic cars, 3-6 weeks for manual transmission cars
- Right leg surgery: 6-8 weeks