

Sabrina Strickland, MD
Hospital for Special Surgery
523 East 72nd Street
2nd Floor
New York NY 10021-4099

ACL RECONSTRUCTION GUIDELINES

REMOVE THE BRACE AND BEND THE KNEE WHILE AT REST!!

	Weight bearing Status	Brace	Range of Motion	Recommended Therapeutic Precautions/Goals	<u>PATIENT'S CHECKLIST</u>
Week 0-2	Post op Brace is locked straight for Full Weight. Crutches until no limp	YES. For walking, standing and sleeping.	Full. Take off the brace for range of motion while resting.	<ol style="list-style-type: none"> 1. Emphasize patient compliance to home exercise program and weight bearing precautions/progression 2. Avoid ambulation without brace locked 3. Avoid pain with therapeutic exercise & functional activities 4. Prevent quadriceps inhibition 5. Quad sets, Heel pumps, straight leg raises, gravity assisted knee flexion 	<ul style="list-style-type: none"> ○ Follow discharge paperwork for home exercises and home care instructions. ○ Day 1: take off Ace-wrap ○ Take Aspirin as recommended daily. ○ Elevate the leg ○ Focus on regaining <u>FULL EXTENSION</u> ○ Exercise 4x-6x daily and use Ice ○ Keep up with range of motion 0-90 degrees by week 2 ○ Remove/unlock the brace for range of motion exercises <u>AND</u> at rest
Week 3-6	Full, unlock brace if strength is adequate	Discontinue brace with good quad control (Week 3-4)	Full		
Week 6-14		Functional ACL brace (<u>IF</u> needed)	Full	<ol style="list-style-type: none"> 1. Progress squat/leg press program, initiate step down program, advance proprioceptive training, agility 2. exercises, retrograde treadmill ambulation/running, quadriceps stretching 3. Emphasize patient compliance to both home and gym exercise program 	

Week 14- 22+	Full	As needed ACL brace fitted @6months if indicated	Full	<p>4. Avoid running and sport activity till adequate strength development and clearance</p> <p>5. Avoid pain with therapeutic exercise & functional activities</p>	<ul style="list-style-type: none"> ○ Use muscle stimulator 3 days after surgery ○ Swelling AND/OR bruising may pool behind the knee, ankle, and foot (normal). IF you have calf persistent calf pain, call the office. ○ Start Physical therapy, 1 week after surgery.
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GENERAL GUIDELINES

- Focus on protection of graft during primary re-vascularization (8 weeks) and graft fixation (8 –12 weeks)
- CPM not commonly used
- For ACL reconstruction performed with meniscal repair or transplant, defer to ROM and weight-bearing precautions outlined in the meniscal repair/transplant protocol.
- The physician may alter time frames for use of brace and crutches
- Supervised physical therapy takes place for 4-7 months
- Use caution with hamstring stretching/strengthening based on donor site morbidity

GENERAL PROGRESSION OF ACTIVITIES OF DAILY LIVING

- Sleep with brace locked in extension for 1 week or as directed by PT/MD for maintenance of full extension
- Driving: 1 week for automatic cars, left leg surgery
 3-6 weeks for standard cars, or right leg surgery