



**Dr Simon Coffey**

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# Anterior Cruciate Ligament Reconstruction Rehabilitation Protocol

Rehabilitation from ACL reconstruction takes 6 - 9 months. In order to safely return to pre- injury levels of activity you will need to progress through a graded rehab protocol as specified by your surgeon. This protocol is designed to protect the graft while it is healing and provide you with a strong and stable knee.

Please seek assistance from your local physiotherapist to help guide you through your rehab.

## Day 1 to Day 10-14

Goals:

1. Wound healing
2. Decrease joint swelling
3. Restore full knee extension
4. Establish muscle control

## Day 1 Post Op

- Walk with crutches, weight bearing as tolerated on your operated leg.
- Exercises are to be completed **2-3** times each day.
- Elevate your leg and use ice packs on your knee (and hamstring) for 20min periods. You should continue this regularly over the coming days.

## One Week Post Op

- Visit your physiotherapist to review your exercise program. Include patellar mobilisations

## Two Weeks Post Op

- Return for your post-operative review with your surgeon.



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## Week 1-2 Exercises Complete 2-3 exercise sessions each day

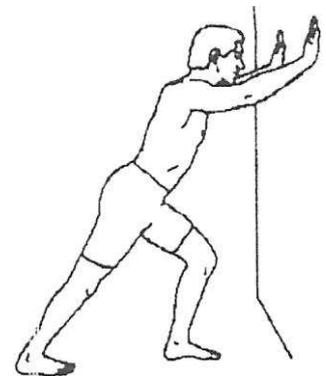
### 1. Knee Flexion:

Slide your heel along the bed towards your bottom.  
Repeat 10 times.



### 2. Calf Stretch:

Stand with your operated leg back, and your foot straight.  
Keep your heel on the ground and gently lean into the wall  
until a stretch is felt in the calf.  
Hold for 20 seconds. Repeat 3 times



### 3. Self Patellar Mobilisations:

Use your fingers to glide your knee cap to the inside of your leg.  
Glide your knee cap down towards your toes.





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Now glide your knee cap up towards the top of your leg. Hold each glide for 5 seconds. Repeat 10 times in each direction.

### Weeks 2-4

#### Mobility

- Progress to Full Weight Bearing with crutches.

#### Goals

- Increase range of motion 0-120°.
- Develop good muscle control and early proprioceptive skills.

#### Exercises

- Passive/active-assisted/active range of motion 0-120°.
- Quad and hamstring co-contractions.
- Standing hamstring curls- progress with weights.
- Standing hip abduction/extension- progress with weights.
- Calf raises.
- VMO drills – progress to weight-bearing positions.
- Calf and hamstring stretches.
- Patellar mobilisations.

### **Common Questions and Answers:**

How long will I be on crutches?

-For a minimum of 4 weeks depending on muscle strength\_

When can I drive?

- Not until you have been given clearance by Dr Coffey.

When can I return to work?

-This depends on the type of work you do. Dr Coffey will decide this.

When can I start running?

- Not before 12 weeks.

When can I return to sport?

- Not before 36 weeks.