

Rehabilitation

Your physician will tell you when you may see a physical therapist to safely progress your activity. Until then, you can use this guide post-operatively to increase your range of motion.

Early Movement

The exercises you will do during the first two weeks following surgery will help you regain range of motion in your knee. The goal is to establish full extension and at least 90° of flexion within 2 weeks.

You do not need to do any other exercises during this time.

ACL Reconstruction Post-operative Exercises

Perform the following exercises three times per day, 10 repetitions each, within pain tolerance.

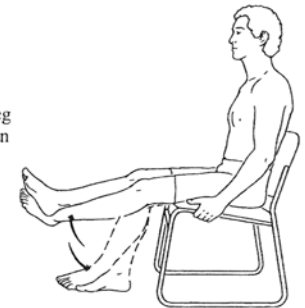
KNEE - Flexion (Prone)



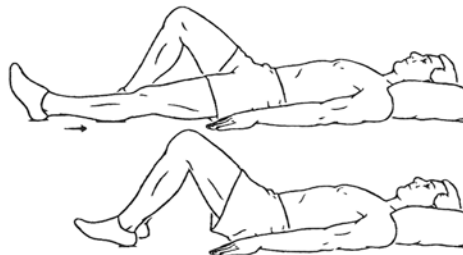
Using your non-operated leg, gently pull your operated leg towards 90 degrees bend until a light stretch is felt. Hold 5 seconds. Slowly lower leg.

KNEE - Flexion / Extension (Sitting)

Gently assist operated leg with unoperated leg into extension and then into flexion holding each 5 seconds. Relax as needed.

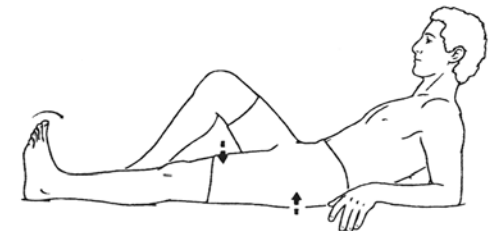


HIP / KNEE - Heel Slide (Supine)



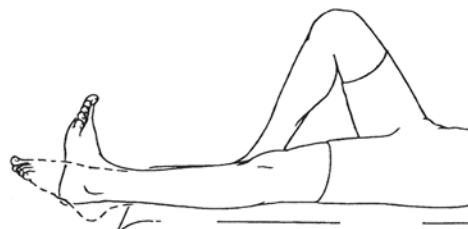
Slide the heel of the operated heel toward buttocks until a gentle stretch is felt. Hold 5 seconds. Relax.

HIP / KNEE - Isometrics



Pull toes toward operated knee, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold 5 seconds. Relax. Gently extend heel into bed from the hip. Hold 5 seconds. Relax

ANKLE / FOOT - Plantar / Dorsiflexion



With leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.