



ACL RECONSTRUCTION

Days 0 to 14

Immediate post-surgery care is about **wound healing** and **swelling management**. You will be able to go home the same day as surgery. You will be allowed to **partial weight bear** with the help of crutches, placing 20 to 50% of your body weight based on instructions by your surgeon after the surgery. You will be in a knee brace for total of 2 to 5 weeks, to be worn when mobilising / weight bearing. You can **remove your brace** for exercises and simply to rest. It is a good idea to wear a brace while sleeping for the first week. **Regular icing** along with compression 3 to 5 minutes every half an hour is recommended.

Leave your waterproof dressings on until your review in clinic 10-14 days post-surgery. You can shower with your waterproof dressings on.

Exercises

- **Knee extension** – ensure your knee comes out fully straight in the first two weeks
- Aim to bend your knee to 90 degrees and work on quads activation
- Follow the exercise program as per the hospital physiotherapy team

Week 2 onwards

Progress with your knee **range of motion** and **quadriceps strengthening** exercises. You can commence physiotherapy at 2 weeks.

Full weight bearing will be allowed between 2 and 5 weeks as per your surgeon's instructions. Ensure you are only wearing a brace when mobilising. Cycling will be allowed as soon as you are full weight bearing.

You can consider returning to desk duties if clearance given around 4 weeks.

4 months onwards

If your quads are ready, you can commence running at 4 months, sport specific training at 9 months, and return to sports at **12 MONTHS** at the earliest. For each progression event, consult your physio and your surgeon for clearance. A return-to-sports assessment is required prior to sports participation.

Light duties can commence at 2 to 3 months, and return to manual labour / heavy duties is expected at 4 to 5 months post-surgery.