



ACL RECONSTRUCTION REHAB

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 weight bear as tolerated with the help of crutches. You will be in a knee brace for 2 weeks, to be worn only when weight bearing. Regular icing 2-3 minutes every hour is recommended.

Remove your bandaging in 24 hours, but leave your waterproof dressings on until your review in clinic 10-14 days post-surgery. You can shower with your waterproof dressings on.

Contact my team if you have any concerns about your wound or to confirm your appointment time.

Exercises

- Knee straightening – ensure your knee comes out straight
- Knee bends – aim to bend your knee up to 90 degrees
- Quadriceps activation

Weeks 2 onwards

Progress with your knee range of motion and quadriceps strengthening exercises. Once your knee bends past 90 degrees, doing time on a stationary bike is recommended. Aim to come off your crutches over the next 14 days. You can drive once you can comfortably walk without crutches.

You can consider returning to desk duties if clearance given around 4 weeks, and light duties at 2 months post-surgery.

3 months onwards

If your quads are ready, you can commence running at 3 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-sport assessment** is required prior to sports participation.

Return to manual labour / heavy duties is expected at 4 months post-surgery.