

ACL REHABILITATION PROTOCOL

Preoperative Rehabilitation Phase

Prepare for surgery using the information within this section.

- Goals:**
- * **Control pain and swelling**
 - * **Restore normal range of motion**
 - * **Develop muscle strength sufficient for normal gait and ADL**
 - * **Mentally prepare the patient for surgery**

Before proceeding with surgery the acutely injured knee should be in a quiescent state with little or no swelling, have a full range of motion, and the patient should have a normal or near normal gait pattern.

More important than a predetermined time before performing surgery is the condition of the knee at the time of surgery. Use the following guidelines to prepare the knee for surgery:

Immobilize the knee

Following the acute injury you should use a knee immobilizer and crutches until you regain good muscular control of the leg. Extended use of the knee immobilizer should be limited to avoid quadriceps atrophy. You are encouraged to bear as much weight on the leg as is comfortable.

Control Pain and Swelling

Icing along with nonsteroidal anti-inflammatory medications such as Advil, Nuprin, Motrin, Ibuprofen, Aleve (2 tablets twice a day) are used to help control pain and swelling. The nonsteroidal anti-inflammatory medications are continued for 7 - 10 days following the acute injury.

Restore normal range of motion

You should attempt to achieve full range of motion as quickly as possible. Quadriceps

isometrics exercises, straight leg raises, and range of motion exercises should be started

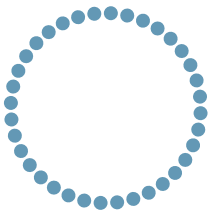
immediately.

Full extension is obtained by doing the following exercises:

1) Passive knee extension.

- Sit in a chair and place your heel on the edge of a stool or chair.
- Relax the thigh muscles.
- Let the knee sag under it's own weight until maximum extension is achieved.

2) Heel Props:



- Place the heel on a rolled towel making sure the heel is propped high enough to lift the thigh off the table.
- Allow the leg to relax into extension.
- 3 - 4 times a day for 10 - 15 minutes at a time. See Figure 1



Figure 1. Heel prop using a rolled towel.

3) Prone hang exercise.

- Lie face down on a table with the legs hanging off the edge of the table.
- Allow the legs to sag into full extension.

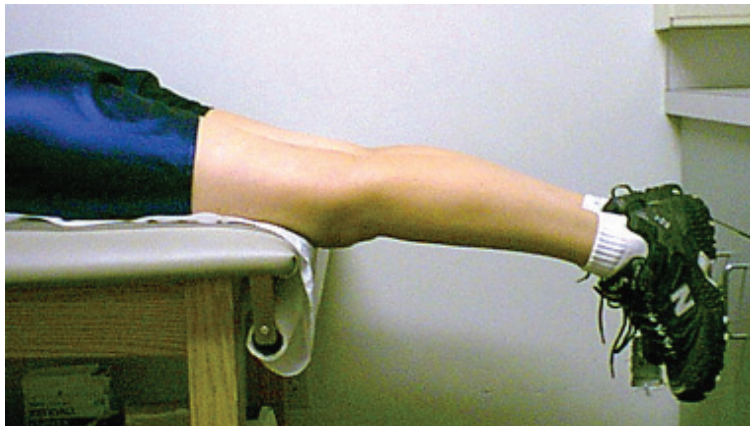


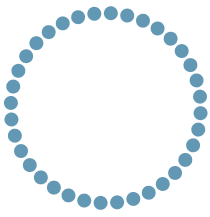
Figure 2. Prone Hang. Note the knee is off the edge of the table.

1) Passive knee bend

- Sit on the edge of a table and let the knee bend under the influence of gravity.

2) Wall slides are used to further increase bending.

- Lie on the back with the involved foot on the wall and allow the



foot to slide down the wall by bending the knee. Use other leg to apply pressure downward.



Figure 3. Wall Slide: Allow the knee to gently slide down

3) Heel slides are used to gain final degrees of flexion.

- Pull the heel toward the buttocks, flexing the knee. Hold for 5 seconds.
- Straighten the leg by sliding the heel downward and hold for 5 seconds.

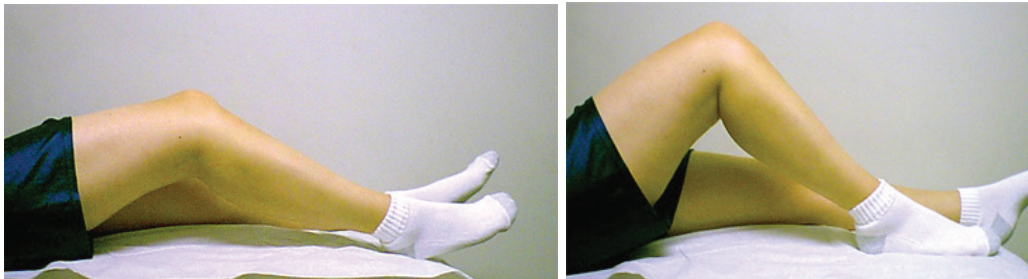
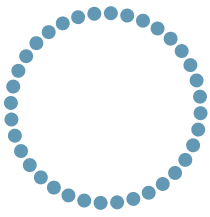


Figure 4. Heel slide – leg is pulled toward the buttocks

- In later stages of rehabilitation, do heel slides by grasping the leg with both hands and pulling the heel toward the buttocks.



Figure 5. Heel slides in later stages of rehabilitation



Develop muscle strength

Once 100 degrees of flexion (bending) has been achieved you may begin to work on

muscular strength:

1) Stationary Bicycle. Use a stationary bicycle two times a day for 10 - 20 minutes to help increase muscular strength, endurance, and maintain range of motion. See Figure 6



Figure 6. Stationary Bicycle helps to increase strength

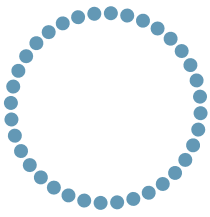
2) Swimming is also another exercise that can be done during this phase to develop muscle strength and maintain your range of motion.

3) Low impact exercise machines such as an elliptical cross-trainer, leg press machine, leg curl machine, and treadmill can also be used.

This program should continue until you have achieved a full range of motion and good muscular control of the leg (you should be able to walk without a limp).

Mentally prepare

- Understand what to realistically expect of the surgery
- Make arrangements with a physical therapist for post-operative rehabilitation
- Make arrangements with your place of employment.
- Make arrangements with family and/or friends to help during the post-operative rehabilitation
- Read and understand the rehabilitation phases after surgery



Postoperative Days 1 - 7

Follow the guidelines within this section for the first seven days after your surgery

IT IS EXTREMELY IMPORTANT THAT YOU WORK ON EXTENSION IMMEDIATELY.

- Goals:**
- * **Control pain and swelling**
 - * **Care for the knee and dressing**
 - * **Early range of motion exercises**
 - * **Achieve and maintain full passive extension**
 - * **Prevent shutdown of the quadriceps muscles**
 - * **Gait training**

Control Pain and Swelling

1) Control Swelling. Following discharge from the hospital you should go home elevate your leg and keep the knee iced using the cooling unit. You may get up to use the bathroom and eat, but otherwise you should rest with your leg elevated.

2) Do not sit for long periods of time with your foot in a dependent position (lower than the rest of your body), as this will cause increased swelling in your knee and leg. When sitting for any significant period of time, elevate your leg and foot.

3) Control Pain. You will be sent home with a prescription for a strong narcotic medication.

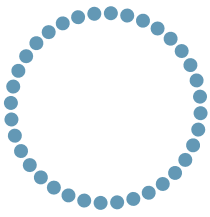
You should take this for severe pain, as directed on the prescription bottle label.

4) As your pain and swelling decrease you can start to move around more and spend more time up on your crutches.

1) The first night and day after the surgery you can expect the white elastic stocking and bandages to get bloody. This is normal! We want the blood to drain out of the knee on to the dressings rather than build-up in your knee and cause swelling and pain.

If the dressings become extremely bloody or wet you should change or reinforce them as needed. Use the following directions for changing the dressing:

- The elastic stocking should be removed first followed by the cotton wrap and 4 inch x 4 inch gauze bandages.
- A clean, dry, 4 inch x 4 inch gauze bandage should be applied over the incisions and held in place a clean elastic dressing.
- Do not use tape to keep the gauze in place as this may cause skin blisters. The stocking will keep the gauze in place.



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- 2) We recommend that you limit weight bearing to prevent swelling.
- 3) You can start using a stationary bike. Cycling is an excellent conditioning and building exercise for the quadriceps. Start with the seat fairly high and use a short diameter pedal if available so that the knee doesn't bend too much. At this early stage, you should just "spin" without any resistance. Use your good leg to turn the pedal.
- 4) You may shower, but you must keep your incisions dry for the first 7-10 days. This can be achieved by placing a waterproof dressing or plastic bag over your leg.
- 5) The sutures are absorbable and do not need to be removed.

IT IS IMPORTANT TO KEEP THE INCISIONS DRY FOR THE FIRST 7-10 DAYS.

- 6) A follow-up visit should be scheduled 2 weeks following the operation by contacting myoffice at (949) 491-9991.
- 7) You may remove the knee brace while doing exercises or if you are in a safe, protected environment. However, the knee immobilizer should be worn while sleeping for the first 4 weeks, and at all times while you walk for the first 6 weeks.

Early Range of Motion and Extension

- 1) Passive extension of the knee by using a rolled towel. Note the towel must be high enough to raise the calf and thigh off the table. See Figure 1 on page 4.
 - Remove the knee immobilizer from your knee every 2 - 3 hours while awake
 - Position the heel on a pillow or rolled blanket with the knee unsupported
 - Passively let the knee sag into full extension for 10 - 15 minutes. Relax your muscles, and gravity will cause the knee to sag into full extension.

This exercise can also be done by sitting in a chair and supporting the heel on the edge of a stool, table or another chair and letting the unsupported knee sag into full extension.

- 2) Active-assisted extension is performed by using the opposite leg and your quadriceps muscles to straighten the knee from the 90 degree position to 0 degrees.

Hyperextension should be avoided during this exercise. See Figure 7:

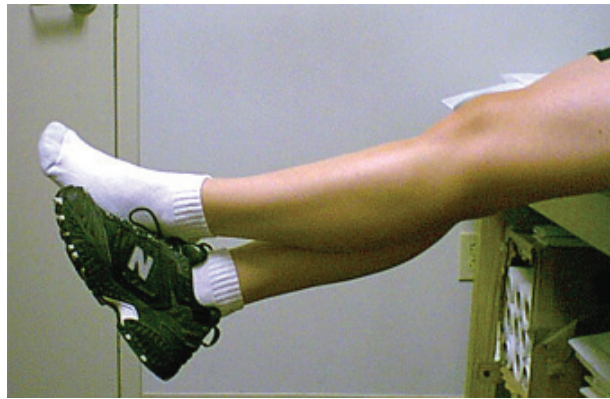
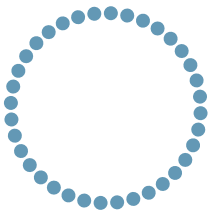


Figure 7. Use the non-injured leg to straighten the knee

3) Passive flexion (bending) of the knee to 90 degrees. (See Figure 8 below)

- Sit on the edge of a bed or table and letting gravity gently bend the knee.
- The opposite leg is used to support and control the amount of bending.
- This exercise should be performed 4 to 6 times a day for 10 minutes. It is important to achieve at least 90 degrees of passive flexion by 5 - 7 days after surgery.

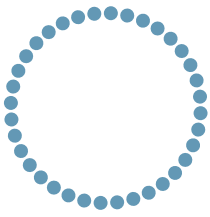


Figure 8. Passive Flexion allowing gravity to bend the knee to 90 degrees

1) You should start quadriceps isometric contractions with the knee in the fully extended position as soon as possible.

- Do 3 sets of 10 repetitions 3 times a day.
- Each contraction should be held for a count of 6 sec.

This exercise helps to prevent shut down of the quadriceps muscle and decreases swelling by squeezing fluid out of the knee joint.



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2) Begin straight leg raises (SLR) with the knee immobilizer on 8 sets of 10 repetitions 3 times a day. Start by doing these exercises while lying down.

- This exercise is performed by first performing a quadriceps contraction with the leg in full extension. The quadriceps contraction "locks" the knee and prevents excessive stress from being applied to the healing ACL graft.
- The leg is then kept straight and lifted to about 45-60 degrees and held for a count of six.
- The leg is then slowly lowered back on the bed. Relax the muscles.

EMEMBER TO RELAX THE MUSCLES EACH TIME THE LEG TOUCHES DOWN

This exercise can be performed out of the brace when the leg can be held straight without sagging (quad lag). Once you have gained strength, straight leg exercises can be performed while seated. See Figure 9

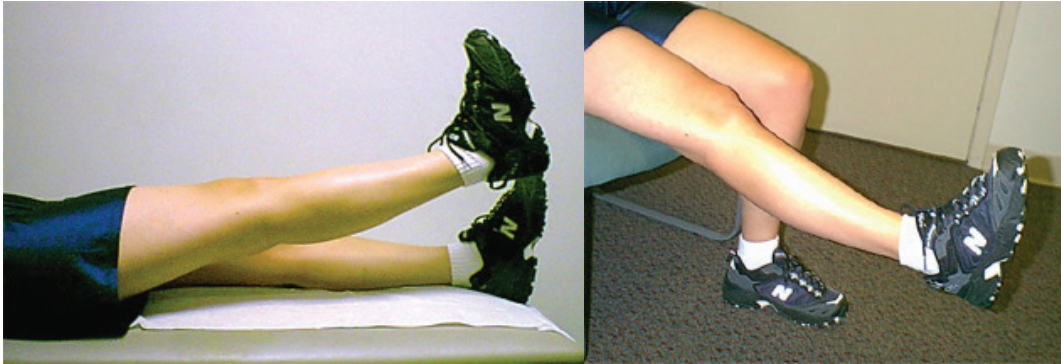
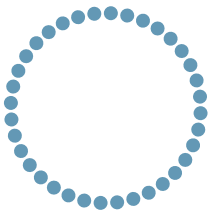


Figure 9. Straight leg raises – lying (left) and seated (right)



Exercising Hamstrings

1) **For patients who have had ACL reconstruction using the hamstring tendons** it is important to avoid excessive stretching of the hamstring muscles during the first 6 weeks after surgery.

- The hamstring muscles need about 6 weeks to heal, and excessive hamstring stretching during this period can result in a "pulled" hamstring muscle and increased pain.

- Unintentional hamstring stretching commonly occurs when attempting to lean forward and put on your socks and shoes, or when leaning forward to pick an object off the floor.

- To avoid re-injuring the hamstring muscles, bend your knee during the activities below, thus relaxing the hamstring muscles.

2) The hamstring muscles are exercised by pulling your heel back producing a hamstring contraction. See Figure 4

- This exercise should be performed only if your own patellar tendon graft was used to reconstruct the ACL.

- If a hamstring tendon graft from your knee was used to reconstruct the ACL, this exercise should be avoided for the first 4 - 6 weeks, as previously mentioned.

Postoperative Days 8 - 10

Use the guidelines within this section for days 8-10 after your surgery

Goals:	Physical therapy Maintain full extension Returning to work
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1) Schedule an office follow-up.

2) As the steri-strips get wet, they will peel off. Do not pull at them for the first 2 weeks.

3) After 3 weeks, you may apply vitamin E oil or another emollient to the incisions, as this will improve their appearance.

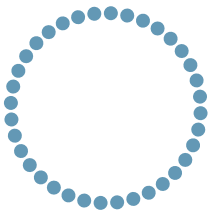
4) The appearance of your incision can be improved further if you keep direct sunlight off of it for one year. When exposed to the sun the incisions can be covered with a bandage, sunscreen with SPF of 30 to 50, or zinc oxide paste.

Physical Therapy and Full Extension

1) Outpatient physical therapy will be modified during the first postoperative office visit.

2) Continue doing the quadriceps isometrics, SLR, active flexion, and active-assisted extension exercises.

REMEMBER THAT IT IS EXTREMELY IMPORTANT TO CONTINUE TO REMOVE YOUR LEG FROM THE KNEE IMMOBILIZER 4 TO 6 TIMES A DAY FOR 10 - 15 MINUTES AT A TIME TO MAINTAIN FULL EXTENSION.



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- 1) As far as returning to work, if you have a desk type job you can return to work when your pain medication requirements decrease, and you can safely walk with your crutches. Typically this is between 5 - 10 days after surgery.
- 2) Patients who have jobs where light duty is not permitted; policemen, firemen, construction workers, laborers, will be out of work for a minimum of 6 - 12 weeks.

Postoperative Week 3

Use the guidelines in this section during the second week after your surgery

- Goals:**
- * **Maintain full extension**
 - * **Achieve 100 – 120 degrees of flexion**
 - * **Develop enough muscular control to wean off knee immobilizer**
 - * **Control swelling in the knee**

MAINTAINING FULL EXTENSION AND DEVELOPING MUSCULAR CONTROL ARE IMPORTANT

Maintain Full Extension

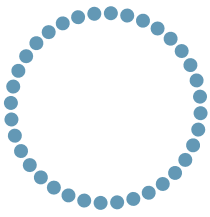
- 1) Continue with full passive extension (straightening), gravity assisted and active flexion, active-assisted extension, quadriceps isometrics, and straight leg raises.
- 2) Work toward 90-100 degrees of flexion (bending)

Develop Muscular Control

- 1) Start Partial Squats.
 - Place feet at shoulder width in a slightly externally rotated position.
 - Use a table for stability, and gently lower the buttocks backward and downward.
 - Hold for 6 seconds and repeat.
 - Do 3 sets of 10 repetitions each day.



Figure 10. Partial squat using Table for stabilization



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2) Start Toe Raises.

- Using a table for stabilization, gently raise the heel off the floor and balance on the ball of the feet.
- Hold for 6 seconds and ease slowly back down.
- Do 3 sets of 10 repetitions each day.



Figure 11. Toe Raise

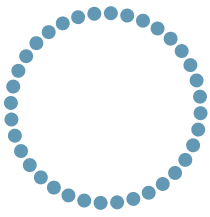
3) Continue to use the knee brace for walking even if you have good muscle control of the leg. This will protect your graft.

4) Wean from crutches when you can put full weight on the leg and walk with a normal heel-toe gait and no limp.

5) You can continue using a stationary bike. Cycling is an excellent conditioning and building exercise for the quadriceps. See Figure 6 on page 6.

- The seat position is set so when the pedal is at the bottom, the ball of the foot is in contact with the pedal and there is a slight bend at the knee.
- No or low resistance used. Maintain good posture throughout the exercise.
- As your ability to pedal the bike with the operative leg improves, you may start to increase the resistance (around 5-6 weeks).
- Your objective is to slowly increase the time spent on the bike starting first at 5 minutes and eventually working up to 20 minutes a session.
- The resistance of the bike should be increased such that by the time you complete your work-out your muscles should "burn".

THE BIKE IS ONE OF THE SAFEST MACHINES YOU CAN USE TO REHABILITATE YOUR KNEE, AND THERE IS NO LIMITATION ON HOW MUCH YOU USE IT.



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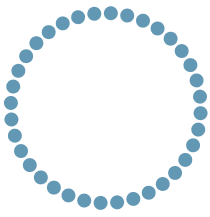
1) At this point you should begin reducing the amount of narcotic pain medication you take. You will be instructed on how to do this during your follow-up appointment.

2) Once you have finished the anti-inflammatory that was given to you, you can take an over-the-counter anti-inflammatory medication, provided you have no history of stomach ulcer. The cheapest and simplest medication to take is Advil, Motrin, Nuprin or Aleve, 2 tablets twice a day. This medication will help to prevent scar tissue from forming in the knee, and also help to prevent blood clots from forming in your legs.

When can you drive a car?

REMEMBER, IT IS ILLEGAL TO TAKE PRESCRIPTION PAIN MEDICATIONS AND OPERATE A MOTOR VEHICLE!

- First, you must not be taking any prescription pain medications.
- Patients who have had surgery on the left knee, and who have an automatic transmission may drive when they can comfortably get the leg in and out of the car.
 - During driving the knee brace can be unlocked.
 - Patients who have had surgery on the left knee and have standard transmissions, should not drive until they have good muscular control of the leg. This usually takes 3-4 weeks.
 - Patients who had surgery on the right knee should not drive until they have good muscular control of the leg. This usually takes 4-6 weeks.



Postoperative Weeks 3 - 4

Goals:

- * Full range of motion
- * Strength through exercise

1) Expected range of motion is from full extension to 100-120 degrees of flexion. Add wall slides (see Figure 3) and hand assisted heel drags to increase your range of motion.

2) Continue quadriceps isometrics and straight leg raises (see Figure 9).

3) Continue partial squats and toe raises (see Figure 10 and Figure 11).

4) If you belong to a health club or gym you may start to work on the following machines:

- Stationary bike. Seat position regular height to high to avoid too much bending or straightening of the knee. Increase resistance as tolerated. Try to work up to 15-20 minutes a day.

- Elliptical cross-trainer 15 - 20 minutes a day.

- Inclined leg-press machine for the quadriceps muscles. 70 - 0 degree range. See Figure 12

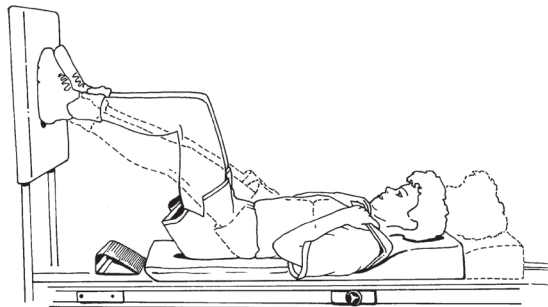


Fig. 13-20

Figure 12. Leg press using 90-0 degree range

- Seated leg curls machine for the hamstring muscles. **Note** this exercise should be delayed until the postoperative week 8-10 if your ACL was reconstructed with a hamstring tendon graft.

- Upper body exercise machines.

- Swimming: pool walking, flutter kick (from the hip), water bicycle, water jogging. No diving, or whip kicks.



Postoperative Weeks 4 - 6

Goals:

- * **125 degrees of flexion pushing toward full flexion**
- * **Continued strength building**

- 1) Your expected range of motion should be full extension to 125 degrees. Start to push for full flexion. Walls slides added if your flexion range of motion is less than desired.
- 2) Continue quad sets, straight leg raises, partial squats, toe raises, stationary bike, elliptical machine, leg presses, and leg curls.
- 3) Tilt board or balance board exercises. This helps with your balance and proprioception (ability to sense your joint in space)

Postoperative Weeks 6 - 12

By week 6, your range of motion should be full extension to at least 135 degrees of flexion.

Goals:

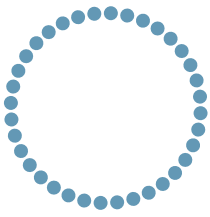
- * **135 degree of flexion**
- * **Continued strength**
- * **Introduce treadmill**

- 1) Continue quad sets, straight leg raises, partial squats, toe raises, stationary bike, elliptical machine, leg presses, and leg curls.
- 2) Hamstring reconstruction patients can start leg curls in a sitting position. If you develop hamstring pain then decrease the amount of weight that you are lifting, otherwise you can increase the weight as tolerated.

IT IS IMPORTANT TO AVOID USE OF A LEG CURL MACHINE THAT REQUIRES YOU TO LIE ON YOUR STOMACH IF YOUR OWN HAMSTRING TENDONS WERE USED. THIS MACHINE PUTS TOO MUCH STRAIN ON THE HEALING HAMSTRING MUSCLES, AND CAN RESULT IN YOU "PULLING" THE HAMSTRING MUSCLE.

- 3) Continue tilt board and balance board for balance training.
- 4) Continue swimming program.
- 5) Start treadmill (flat only).
- 6) You may begin outdoor bike riding on flat roads.

NO MOUNTAIN BIKING OR HILL CLIMBING!



Postoperative Weeks 12 – 20

- Goals:**
- * **Continued strength**
 - * **Introduce jogging and light running**
 - * **Introduce agility drills**
 - * **Determine need for ACL functional brace**

- 1) Continue all of week 6 -12 strengthening exercises.
- 2) Start straight, forward and straight, backward jogging and light running program.
- 3) Start functional running program after jogging program is completed.
- 4) Optional fitting for ACL functional brace.
- 5) Start agility drills, zig-zags and cross over drills.

24 Weeks Postoperative (6 months)

This is the earliest you should plan on returning to full sports.

- Goals:**
- * **Return to sports**

To return to sports you should have:

- Quadriceps strength at least 80% of the normal leg
- Hamstring strength at least 80% of the normal leg
- Full motion
- No swelling
- Good stability
- Ability to complete a running program

Medication Regimen

1. Oxycontin - 10mg. Take 1 tablet every 12 hours after your surgery. If the pain is severe, you may take up to 2 tablets. Do not crush or chew the tablets and do not exceed the prescribed dosage. This is a time-release medication with a gradual onset of action. You will be given a prescription for this medication at your office visit. Please fill the prescription immediately and store the medication in a child-proof, safe, locked location.

2. Oxycodone - 5mg. Take 1 to 2 tablets every 4 to 6 hours as needed for breakthrough pain only. This is for pain that is not controlled by the Oxycontin alone

3. Aspirin (Ecotrin 325 mg). Take 1 tablet daily for 7-10 days to prevent blood clots. This can be purchased over-the-counter.

4. Colace (or other stool softener). Take 1 tablet daily with a lot of water to counteract the constipating effects of the pain medication. This can be purchased over-the-counter.