

RITWIK KEJRIWAL

KNEE AND SHOULDER

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ACL RECONSTRUCTION REHAB

Days 0 to 14

Post-op recovery

Immediate post-surgery care is about wound healing and swelling management. You will be able to go home the same day of surgery from the hospital. You will be allowed to bear weight as tolerated with the help of crutches. 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 days post-surgery. You can shower with your waterproof dressings on. Aim to come off your crutches over the next 14 days. You can drive once you can comfortably walk without crutches.

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.

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-sports assessment is required prior to sports participation.

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