

Anterior Cruciate Ligament (ACL) Repair

Therapy Services

Who is the leaflet for?

This leaflet is for patients who have had reconstruction surgery of the Anterior Cruciate Ligament (ACL). It will explain the exercises you need to do to help you recover following your surgery and provide information on returning to activities.

This leaflet is split into two sections:

1. General advice on returning to activities.
2. Early Anterior Cruciate Ligament (ACL) exercises.

Your physiotherapist will tell you which exercises you should be working on at any given time and will go through this with you whilst you are in hospital. **Please do not attempt any exercises other than the ones your physiotherapist tells you to.**

You will receive physiotherapy as an outpatient after your discharge from hospital. If you have not been contacted with a follow-up physiotherapy appointment within 2 weeks of your procedure, please contact your discharging hospital so that on-going physiotherapy can be arranged.

New Cross Hospital - 01902 695596
Cannock Chase Hospital - 01543 576590

Who should I contact if I have any concerns or questions about my physiotherapy?

If you are worried about any aspect of your physiotherapy please speak to the physiotherapist responsible for your care. Messages can be left on the above number during normal working hours (Monday to Friday, 8:30 am to 4:30pm) for your physiotherapist to call you back.

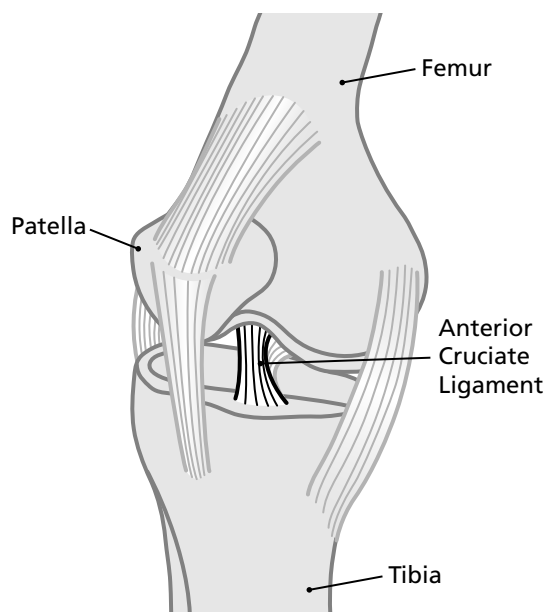
In the very unlikely case that you require physiotherapy advice outside of these hours please contact the ward you were discharged from.

What is an Anterior Cruciate Ligament (ACL) repair?

The Anterior Cruciate Ligament (ACL) is one of the main stabilising ligaments of the knee. An Anterior Cruciate Ligament (ACL) repair is performed when there is a tear or rupture of this ligament. The ligament can be repaired operatively, using a graft which is attached to the surrounding bones with screws.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



What to do after an Anterior Cruciate Ligament (ACL) repair?

- Keep the leg raised when at rest to reduce swelling.
- Start mobilising early and often (following consultant instructions).
- Complete routine post-operative exercises (as instructed by physiotherapist).
- Mobilise with mobility aids (as instructed by physiotherapist).

General advice

Are you able to keep your operated knee completely straight when you raise it 6 inches off the bed?

- Yes - Ensure **knee extension is maintained** on the operated leg when lifted.
- No - **Do not** lift the operated leg **without support**.

How do I take my pain relief medications?

- You should take your pain relief as advised by your doctor /nurse.
- You need to take adequate pain relief regularly.
- Your exercises are best performed 20 minutes after taking your medication.

Ice application

Do not apply until indicated by your physiotherapist

- Cover your knee with a tea towel to protect your skin.
- Put a bag of ice / frozen peas onto your operated knee.
- Leave in place for a maximum of **20 minutes**.
- After removing the ice do not re-apply another for **at least 40 minutes**.

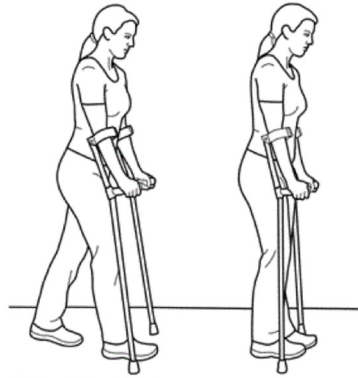
Beware..

If you feel a burning sensation or pain you should remove the ice and discontinue use.

Always keep the recommended time and protect your skin as suggested.

Walking with crutches

After your surgery the physiotherapist will teach you how to walk with elbow crutches.

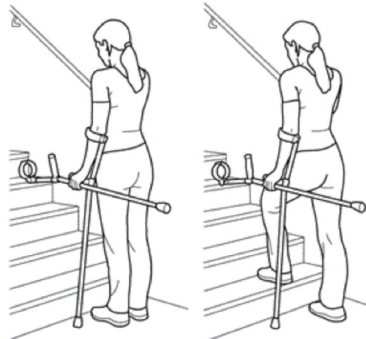


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1. Place your crutches forward.
 2. Step your operated leg up to the crutches.
 3. Step forward with your non-operated leg.
- Repeat.

Stairs

Walking up stairs.



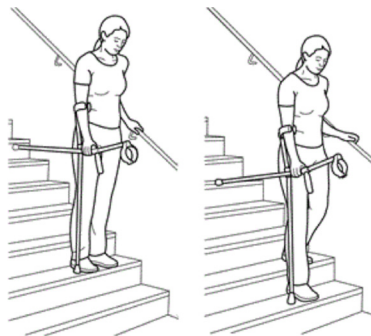
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Stand close to the stairs. Hold onto the handrail with one hand and the crutches with the other hand.

1. First take a step up with your non-operated leg.
2. Then take a step up with your operated leg.
3. Then bring your crutch up on the step.

Always go one step at a time.

Walking down stairs.



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Stand close to the stairs. Hold onto the handrail with one hand and the crutches with the other hand.

1. First take a step up with your non-operated leg.
2. Then take a step up with your operated leg.
3. Then bring your crutch up on the step.

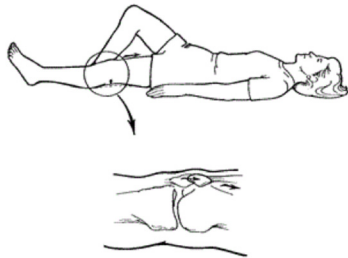
Always go one step at a time.

Anterior Cruciate Ligament (ACL) Exercises



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1. Sit on a chair with your feet on the floor
2. With your operated leg slide your heel backwards to bend the knee.
3. 5-10 repetitions, 3-4 times per day.



1. Lie on your back with your operated knee straight.
2. Tighten the muscle at the front of your thigh by pushing your operated knee backwards.
3. Knee downward into the bed, hold for 5 seconds.
4. 5-10 repetitions, 3-4 times per day.



1. Lie as shown with your operated knee bent partially.
2. Press heel into the bed.
3. Hold 5 seconds, 5-10 repetitions, 3-4 times per day.



1. Lying on your back.
2. Gently bend and straighten your operated knee.
3. 5-10 repetitions, 3-4 times per day.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。