

Bryan T. Kelly, MD
Orthopedic Surgery and Sports Medicine
The Hospital for Special Surgery &
New York Presbyterian Hospital
525 E 70th Street, Starr 2 NY, NY 10021

HSS: 212-606-1159

NYP: 212-746-5348

Fax: 212-746-8488

Post-Operative Instructions
ACL Reconstruction

1. Remove the dressing on post-op day #2.
2. Please do not use bacitracin or other ointments under the bandage. Use the cryocuff/ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
3. You may shower on post-op day #3 if the incisions are dry. Gently pat the area dry after showering.
Do not soak the knee in water or go swimming in the pool or ocean until your sutures are removed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Exercises to be performed 2-3 times daily:
 - * Gentle range of motion of the knee: bending and straightening.
 - * Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
 - * Isometric quadriceps contractions.
 - * Weight bear as tolerated in the brace.
 - * Discontinue crutches or cane as pain allows.
6. Please call the office to schedule a follow-up appointment for suture removal, 10-14 days post-operatively, if you do not already have an appointment scheduled.
7. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. You may experience some low back pain due to muscle spasm from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.
9. Enclosed are two prescriptions for you to use post-operatively. Naprosyn/Mobic/Voltaren, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first four weeks. Percocet, a narcotic, is to be used on an "as needed" for pain in addition to the Naprosyn.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Percocet post-operatively.

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Patient Name:

Date:

S/P ACL Reconstruction

PHYSICAL THERAPY PRESCRIPTION:

- * PWB 50% with brace locked in extension
- * Progress R.O.M. 0-120°. Passive terminal extension (40° - 0°).
- * Quadriceps re-education (electrical stim, biofeedback).
- * Leg press in 90° - 40° arc - start with eccentrics.
- * Hamstring and hip progressive resistance exercises.
- * Isometrics at 90° / Straight leg raises.
- * Patellar mobilization.
- * Short crank bicycle ergometry.
- * Cryotherapy.
- * Unlock brace at 4 weeks if quads adequate.
- * Goals: 90° flexion by end week 1.
110° flexion by end week 2.

Please send progress notes.

Physician's Signature: _____

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Patient Name:

Date:

2 Weeks S/P ACL Reconstruction

PHYSICAL THERAPY PRESCRIPTION:

- * PWB 50% with brace locked in extension
- * Progress R.O.M.
- * Goals: 90° flexion by end week 1
 110° flexion by end week 2.
- * Passive terminal extension (40° - 0°).
- * Quadriceps re-education (electrical stim, biofeedback).
- * Leg press in 90° - 40° arc - start with eccentrics.
- * Hamstring and hip progressive resistance exercises.
- * Straight leg raises.
- * Patellar mobilization.
- * Short crank/ regular bicycle as indicated by ROM.
- * Cryotherapy.
- * Unlock brace at 4-6 weeks, if quads adequate.
- * Quadriceps re-education (electrical stim, biofeedback).
- * Hamstring and hip progressive resistance exercises.
- * Continue closed chain quadriceps strengthening in full arc (leg press, wall slides).

Please send progress notes.

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Date:

6 Weeks S/P ACL Reconstruction

PHYSICAL THERAPY PRESCRIPTION:

- * Progress R.O.M.
- * Quadriceps re-education (electrical stim, biofeedback).
- * Hamstring and hip progressive resistance exercises.
- * Isometrics at 90° / Straight leg raises.
- * Patellar mobilization.
- * Short crank/ regular bicycle.
- * Cryotherapy.
- * Begin squat/step program.
- * Begin proprioception program.
- * Continue closed chain quadriceps strengthening in full arc (leg press, wall slides).
- * Begin retro program.
- * Nordic track.

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12 Weeks S/P ACL Reconstruction

PHYSICAL THERAPY PRESCRIPTION:

- * Quadriceps isotonics - full arc for closed chain. Open chain: 90° - 40° arc.
- * Begin functional exercise program.
- * Isokinetic quadriceps with distal pad.
- * Begin running program at 18 weeks.
- * Isokinetic test at 120°/second and 240°/second prior to running program.

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Patient Name:

Date:

24 Weeks S/P ACL Reconstruction

PHYSICAL THERAPY PRESCRIPTION:

- * Full arc progressive resistance exercises - emphasize quads.
- * Agility drills.
- * Advanced functional exercises.
- * Progress running program – cutting.
- * Isokinetic test at 60°/second, 180°/second, 240°/second.

Please send progress notes.

Physician's Signature: _____

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