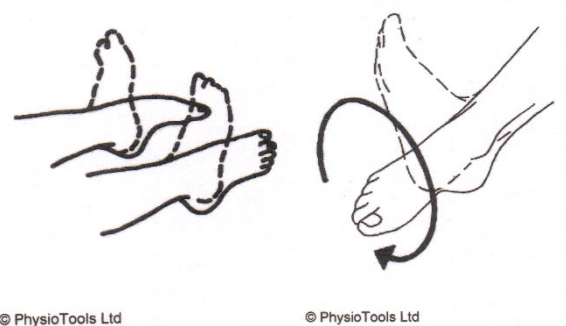

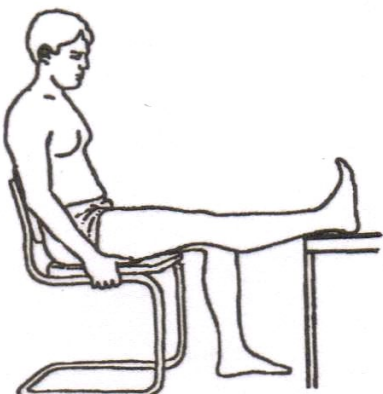




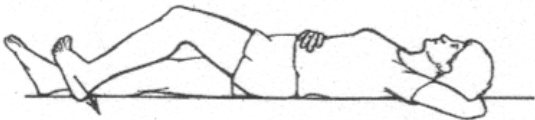
Anterior Cruciate Ligament (ACL) reconstruction (inpatient exercises)

The following exercises apply to all Anterior Cruciate Ligament (ACL) reconstructions performed at the Royal Berkshire NHS Foundation Trust aim to help you get back to full fitness as quickly as possible after your operation.

On the day of the operation you will return to the ward with a cotton wool and crepe bandage on your knee.

The following exercises should be done at least four times a day and should be started immediately or the next day.

<p>1. Circulatory exercises</p>  <p>© PhysioTools Ltd © PhysioTools Ltd</p>	<p>Point and bend your ankles. Circle your ankles in both directions. Do a minimum of 20 of each exercise.</p>
<p>2. Static quads</p> 	<p>Push your knee down into the bed as hard as you can by tightening the muscles on the front of your thigh. Hold for a count of ten, relax. Repeat 10 times.</p>
<p>3. Hyperextension</p> 	<p>Your physio will stretch your knee into full hyperextension (to match your good leg). When you go home this can be done for you by a responsible adult or you can rest your heel on a large book or the armrest of the sofa so that your knee is unsupported and let it relax into the same position.</p>

<p>4. Patella mobs</p>	<p>Your physio will show you how to move your knee-cap to prevent it from becoming stiff.</p>
<p>5. Straight leg raise</p> 	<p>Brace your knee as straight as possible, raise the leg with the knee straight about 6 inches off the bed. Hold for 5-10 seconds then lower gently to the bed. Repeat 10 times.</p>
<p>6. Heel slides</p> 	<p>Slide your heel up the bed so that your knee bends, hold for a few seconds and then slide it down again. Repeat 10 times. You will gradually be able to bend the knee further and further. It is important when you are bending your knee that your heel is in contact with something (at home the back of a tray with a little talc is a good idea as it cuts down on friction), you should not sit on the edge of the bed with your leg dangling.</p>
<p>7. Heel digs</p> 	<p>With your leg bent up in front of you dig your heel into the mattress as hard as you can. Hold for a count of 10. Relax, repeat 10 times.</p>

Mobilising

You should be able to mobilise within a few hours of surgery dependent on how you are feeling and the strength of your straight leg raise. You will be given and taught the correct use of crutches. You must walk putting some weight through your operated leg, walking with the leg dangling or hopping is detrimental to the graft causing it to become lax.

Discharge criteria

- Independently mobile with crutches on the flat and on stairs.
- Can do a full straight leg raise, (lift the leg off the bed with the knee straight).
- Full passive hyperextension (able to stretch the knee as shown in picture 3).
- Be able to do all of the exercises.

After leaving hospital, you will be referred for outpatient physiotherapy, where your exercises will be progressed.

Compassionate

Aspirational

Resourceful

Excellent

Managing swelling

Your knee may well still be swollen and you can use an ice pack at home.

A small bag of frozen peas or sweetcorn or a gel pack wrapped in a damp tea towel can be used regularly throughout the day. It is best to leave the ice pack on no longer than 10 minutes. You can ice the knee multiple times throughout the day as long as you leave at least 20 minutes between each session. If you refreeze the peas or sweetcorn to use again, please do not eat them.

Contact us

If you have any enquiries about your outpatient physiotherapy, please contact the RBFT Physiotherapy Department 0118 322 7811 or 7812.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Orthopaedic Physiotherapy, February 2023. Next review due: February 2025