ASHEVILLE ORTHOPAEDIC ASSOCIATES
AN AFFILIATE OF MISSION HEALTH

MISSION SPORTS MEDICINE

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Immediate Post-Operative Home Rehabilitation After ACL reconstruction

Perioperative Home Rehabilitation 0-7 days

- ***Emphasis on range of motion and pain/swelling control***
- ***Minimal*** activities for first 7 days to minimize swelling.
- ***Formal physical therapy should start no later than 3-5 days after surgery***
- Keep leg elevated at all times (above level of heart), except when doing exercises, going to bathroom or eating for first 7 days after surgery
- Recommend nearly continuous use of ice machine
- Weight bearing as tolerated, however up only for bathroom/eating for first week post-op
- Crutches are used until leg control and gait normalizes, but may be discontinued once therapist deems leg control and gait are adequate
- Emphasis is on regaining/maintaining full terminal extension
    - Heel props- 10 minutes, 5 times daily
    - Prone hangs 10 minutes, 5 times daily
    - Towel Stretches, Hold in full extension with quadriceps contracted for 10 seconds, 5 times daily
    - Active quadriceps contraction 10 seconds, 5 times daily
- Ankle Pumps 10 times every hour
- Knee flexion towel heel slides- 10 times (holding for 10 seconds), 5 times daily
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  Heel Props

Figure 2. The patient holds on to the ends of a towel that is wrapped around the ball of the foot. While using 1 hand to hold part of the leg above the patella down on the table, the other hand pulls the ends of the towel so that the knee is hyperextended and the heel lifts off the table. This stretch is held for 10 seconds and the patient performs 10 repetitions 3 to 4 times per day.

- Towel Stretches

Figure 6. Patient activates the quadriceps muscle in order to raise the heel off the table.

- Active Quadriceps Contraction

Figure 4. In prone position, the patient suspends both knees off the edge of a table, allowing the knees to passively extend. A weight may be added to the ankle to increase the stretch. This exercise is performed for 10 minutes 3 to 4 times per day.

- Prone hangs

- Towel Heel slides