

*INFORMATION & PROTOCOL BOOKLET FOR PATIENT'S
ON
ANTERIOR CRUCIATE LIGAMENT INJURY & RECONSTRUCTION*

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Starting your rehabilitation program (0- 2 weeks)

1. Quadriceps exercise - with the Operated leg keep soft towel roll under the knees and gently press the knee down and count for 5-10 second and then relax. Repeat this about 4-5 times in a day.



2. Ankle pumps - move your foot up and down with the ankle joint. Repeat 15-20 repetition, 4-5 times in day.



3. Passive knee bending - support the operated knee with both hands and gently bend the knee, 15-20 repetitions, 3-4 times in a day. (remember: movements should be slow and not jerky)



4. For 0 degree extension: keep a towel roll or round pillow under your heel of the operated leg and press the heel on the pillow/roll in a downward direction and hold it 5- 10 seconds and then relax. Repeat it 3-4 times in a day.



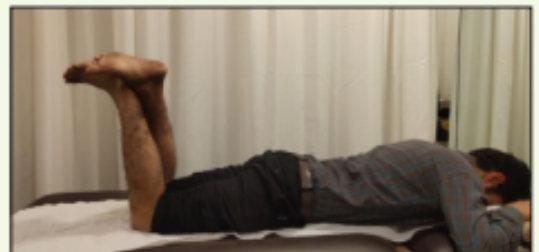
5. Straight leg raising: - lift your operated leg straight and hold the position for 5-10 second and then lower it down. Repeat it 15-20 times, 4-5 times in a day.



6. Adduction in lying position: - lift your operated leg straight while side lying and hold it 5-10 second and then lower down. Repeat it 4-5 times in a day.



7. Knee bending in sitting position: sit at the edge of the bed, with legs crossed over each other. Bend the operated leg and straighten the other at an angle of 30, 60, 90



2- 4 weeks

1. Heel slides while lying in bed, bend the knee and gently slide the heel along the bed towards the buttocks as near as possible and then straighten the knee.



2. Self-knee bending "prone": lie down on your stomach and try to bend your knee with the help of bend towards yourself. Do, this exercise very gently & slowly without any jerky movements



3. Leg hanging: try to sit on the edge of a bed 4-5 times in a day and hang your operated leg.



4. Self-knee bending in "supine": write lying on your back, hold the operated. Knee with both of your hands & bend the knee bringing try to closer to your chest.



5. Self-knee bending in sitting: sit on a high stool or table, bend your operated knee with the help of other leg.



6. Prone knee flexion exercises on your stomach and bend your operated knee with the normal leg. Step ups and step downs: use a small footstep/stool/stairs and climb on it and descend with the operated leg repeat it about 30- 40 times in a day.



7. While standing bend your operated knee 20-30 times 4-5 times in a day.



8. Step up & step down on stool on side



9. Prone knee hangs- lie on your stomach with operated leg hanging as shown, tie 1 kg wt. on your operated leg



4-6 weeks



1. Hamstrings curls: lie down on your stomach & tie 500gm or 1kg weight cuff on your ankle & gently try to bend your knee against the load of the weight cuff.

2. Calf stretching & stretching while sitting move your ankle towards yourself & then away from you against resistance.



3. Half squats: hold on the edge of table/chair/stable support & bend your knee till you are almost half sitting position & then come up again. Repeat this 15-20 times in a day. Stand on your operated leg & lift heel from the ground.

4. Stand on the operated leg & lift your heel from the ground. 10-15 repeats, 4-5 times in a day.



5. Straight leg raising: lift your leg straight against this load of 500gms or 1kg of weight cuff.

6. Side lying raising: lift your operated leg straight while side lying against the load of 500gm or 1kg.



7. Step up & down with 4-8 inch step.

8. Ride stationary bicycle: 10 minutes at comfortable mode.



6-12 weeks

1. Repeatedly stepping up & down a height of 10 inches stool/footstep.



2. Progress progressive resistance exercise as tolerated.

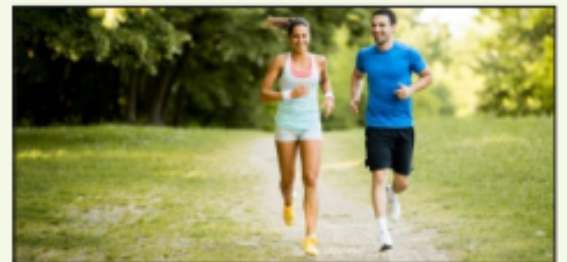
As shown in photo, keep your operated leg towards, bend your knee & straighten.



3. Start brisk walking.



4. Start light jogging.



12-24 weeks

1. Running skills are progressive by changing speed & direction.

2. Sports specific training is introduced.

6 months onwards

1. Hop – stand on the operated leg, jump as far as possible & land on the injured leg.

2. A return to full sporting activity/pre-injury level.