

Post-Op Rehabilitation Exercises for ACL Reconstruction



Bucks County
Orthopedic
Specialists

www.BucksOrtho.com

Rehabilitation Exercises first 2 weeks post-op

Goals: Control pain and swelling, regain range-of-motion, especially getting the knee straight.

- Wear the brace at all times, except when showering or working on range-of-motion exercises.
- Bear weight as tolerated with the brace locked straight. Brace will be unlocked to allow motion at the first post-op visit.
- Use crutches as needed until stability returns, usually between 2-3 weeks.
- Use the Continuous Passive Motion (CPM) machine for 6 hours daily. Begin at 0-30 degrees. Increase as comfort allows. Discontinue using the CPM when you reach your goal of 90 degrees. Unlock or remove the brace when in the CPM machine.
- Use cold therapy, either ice packs or a cold therapy machine frequently during the first week to help with pain and swelling. Be careful to protect you skin from frostbite.
- Sit with a large towel roll under the heel with the brace locked in full extension three times a day for 30 minutes each to help get the knee completely straight.

If you have a concern or question after the procedure, please call our office at 215.348.7000.