

ACL reconstruction (Expectations)

Aim

ACL reconstructions are designed to stabilize your knee.

A stable knee reduces the chance of damaging your knee further (esp cartilages)

A stable knee should allow you to return to playing sport.

Timing of surgery

Surgery can only be performed when:

- Your knee goes fully straight.
- Your knee is no longer red, swollen or painful.

Physiotherapy

It is very important before and after surgery.

Before surgery it is important to get your knee straight, reduce your swelling and reduce your pain. You will also learn the exercises you will be doing after surgery.

After surgery physiotherapy is vital. It helps you regain your strength and improve your proprioception (non conscious awareness of where your joints are). Progression is assessed by goals and not times. Reaching these goals allows you to progress to the next stage and another goal. It must be remembered that **Everyone progresses at different rates.**

Driving

- Left leg 2 weeks
(automatics can be driven when able to get in and out of the car)
- Right leg 6 weeks

Work

- Sedentary work 2 weeks
- Light work 6 weeks
- Heavy work 12 weeks

Kneeling

Whenever you feel comfortable

Flying

You should not fly for 6 weeks due to the increased risk of blood clots.

Sport

Return to sport depends upon you completing your rehabilitation and meeting the set criteria. Rough guides are:

- Non-Contact 6 months
- Contact 9 months