

# Physiotherapy program after Anterior Cruciate Ligament Reconstruction (ACLR)



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**WHAT IS ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION?**





It is a procedure that replaces the torn or damaged ligament, to restore its function after an injury. It also helps reduce pain and improve function and stability of knee joint.



**DO'S AND DON'T'S**

Please note that the exercises and instructions described in the pictures are for patients who had the operation on Right knee. If you had your operation on Left knee, please change the side of the exercises to be suitable for your case.

	Do	Do Not
<b>Reduce pain and swelling</b>	<p>Keep an ice-pack on for 10 - 15 minutes every 3-4 hours to reduce pain and swelling.</p> 	
<b>Sleeping</b>	<p>Keep one or two pillows underneath the foot and leg to keep the knee straight.</p> 	<p>Avoid putting pillows under the knee since it could lead to inability to fully straighten your knee.</p> 
	<p>Wear knee brace while walking and sleeping.</p> 	<p>DO NOT keep your knee in a bent position.</p> 
	<p>Use towel or pillow to keep your toes pointed upward.</p> 	<p>DO NOT point your toes inward or outward.</p> 

	Do	Do Not
<b>Walking</b>	<p>Keep your knee properly aligned without rotation while using a crutch.</p> 	<p>Avoid standing on the operated leg only to avoid slipping. DO NOT rotate your upper body while your operated leg is firmly placed on the ground, instead rotate your body and leg together as a whole.</p> 
<b>Sitting</b>	<p>From time to time try to sit with your knee supported on another chair.</p> 	<p>DO NOT straighten your leg without assistance from the bending position while sitting on a chair or at the edge of your bed before 8 weeks.</p> 
<b>Driving</b>		<p>DO NOT drive until your doctor says it is safe to do so</p>
<b>General instruction</b>	<p>If you notice excessive redness, swelling, draining from the wound, high fever, chills or severe pain, nursing staff/physician should be immediately informed.</p>	
		<p>DO NOT walk or stand for long periods of time.</p>

**EXERCISES**

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
<b>Ankle pump</b>	Lying or semi upright position	Move your foot up and down	10 repetitions, 3 sets Hourly	
<b>Patellar mobilization</b>	Lying or semi upright position	<p>STEP-1: Slide your patella gently towards left and right</p> <p>STEP-2: Slide your patella up and down</p>	10 repetitions each 3 sets 4 times/day	
<b>Quadriceps sets</b>	Lying or semi upright position	<p>STEP-1: Press your knees firmly down onto a small, rolled towel or onto the bed.</p> <p>STEP-2: Hold for a minimum of 5-10 seconds and then relax.</p>	10 repetitions each 3 sets 4 times/day	
<b>Hamstrings sets</b>	Lying or semi upright position	<p>STEP-1: Press your heel down into the couch/bed without moving your leg.</p> <p>STEP-2: Hold for a minimum of 5-10 seconds and then relax.</p>	10 repetitions each 3 sets 4 times/day	
<b>Gluteal sets</b>	Lying or semi upright position	<p>STEP-1: Squeeze your buttocks firmly together.</p> <p>STEP-2: Hold for a minimum of 5-10 seconds and then relax.</p>	10 repetitions each 3 sets 4 times/day	

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
<b>Adductor sets</b>	Lying or semi upright position	STEP-1: Place a rolled towel or a ball in between your knees and squeeze your knees together keep the knees straight.  STEP-2: Hold for a minimum of 5-10 seconds and then relax	10 repetitions each 3 sets 4 times/day	
<b>Heel slide</b>	Lying	STEP-1: Slide your heel toward your buttocks as much as you can, by maintaining your touch on to the couch (DO NOT lift the feet off the couch)  STEP-2: Return to the starting position	10 repetitions each 3 sets 4 times/day	
<b>Straight leg raise</b>	Lying or semi upright position	STEP-1: Lift your leg with knee straight about 20 cm STEP-2: Hold for 5-10 seconds and then return to the starting position	10 repetitions each 3 sets 4 times/day	
<b>Hip abduction</b>	Lying or semi upright position	STEP-1: Move your leg to the side of the bed with the knee straight  STEP-2: Return to midline (DO NOT cross the midline)	10 repetitions each 3 sets 4 times/day	

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
<b>Self-knee bends</b>	Sitting semi upright position or High sitting	STEP-1: Slide your leg back as far as you can ,use your non-operated leg to gently assist, as far as comfortable..  STEP-2: Hold in this position for 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	
<b>Alternative way</b>				
<b>Standing hip bends</b>	Standing holding onto a stable object to maintain balance	STEP-1: Lift your knee up.  STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	
<b>Abduction with knee straight</b>	Standing holding onto a stable object to maintain balance	STEP-1: Move your straight leg backward. DO NOT lean your trunk forward.  STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	
<b>Hip extension with knee straight</b>	Standing holding onto a stable object to maintain balance	STEP-1: Move your straight leg backward. DO NOT lean your trunk forward.  STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	

Getting out of bed



Getting into bed



Standing from a chair



Sitting on a chair



Walking using elbow crutches



Going upstairs



Going downstairs

