

POST-OPERATIVE INSTRUCTIONS:  
ACL RECONSTRUCTION – 1<sup>ST</sup> POST-OP

1. Brace may be removed when sitting around the house.
2. The leg should be held in full extension with a pillow under the heel at least one full hour a day.
3. May shoulder when able to bear weight. Brace may be removed. Dry incision with a clean towel and reapply elastic wrap and brace.
4. Emphasize full weight bearing with crutches. Use crutches for 2-3 weeks and then gradually wean from them. Use heel-to-toe walking (heel strikes pavement first).
5. Brace may be worn over sweat or other pants if more comfortable.
6. Continue knee/leg exercises at home (on separate sheet) and start formal physical therapy.
7. Brace use may be discontinued when knee flexion is greater than 90 degrees and protective strength is obtained. This is at the discretion of the therapist but typically occurs around 4-6 weeks post op.
8. Next office visit in 5 weeks (6 weeks post op).