

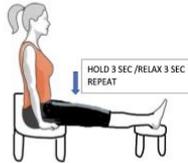
ACL recon, MPFL, Ligament Stabilization, and other knee related surgeries

0- 2 weeks

1- Ambulate in Brace/ lean on one crutch, get off all this by doing you quads exercises .. should be off crutches and brace by 7 days

- Use Ice – 15 minutes, at a time if swollen, apply tubi-grip or firm bandage for swelling.
- STATIC QUADS..BELOW

STATIC QUADS EXERCISE
DO THIS FOR: 1 HOUR A DAY MINIMUM
IN 5MIN, 10 MIN OR 15 MIN BLOCKS. (PLEASE TIME IT, USE SOMETHING WITH AN
ALARM)



FLEXION EXERCISES BELOW

2) Flexion exercises – bend your knee back and forward while seated for 5minutes, 4 times per day



TAKE VIT C TO REDUCE SCAR SENSITIVITY

TAKE ASPIRIN TO REDUCE RISK OF CLOTS

2 – 6 weeks: All exercises above PLUS:

- Closed chain quads exercises
- Increase range to 125°
- Increase quads and hamstring stretches
- Pool walking/exercise bike
- Proprioceptive exercises

6 weeks – 3 months: Increase closed chain exercises if pain free and no swelling

- Increase light duties
- Resisted quads and hamstrings exercises
- Rebounder
- Single leg proprioceptive exercises
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3 months + - open chain exercises

- Free kicking in pool
- Running
- Kicking ball
- Back to manual job

6 months + - sports specific re-training

7 – 9 months – return to high demand (pivot) sport