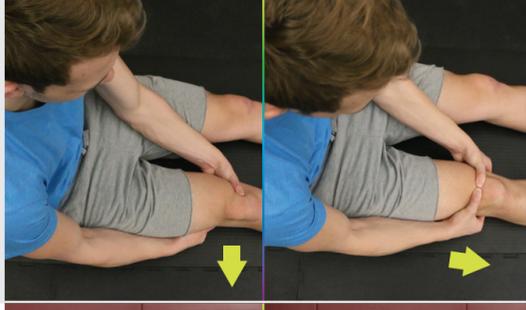


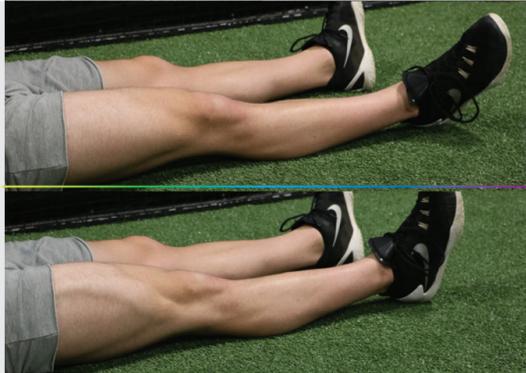
- Knee Cap Mobility**
- 1 Sitting with your leg out straight, gently move your knee cap up and down & side to side. Avoid placing direct pressure on your incisions.
 - 2 Do each direction for **2 sets of 30 seconds**.
 - 3 Repeat **2-3** times per day.



- Ankle Pumps**
- 1 Lie on your back or sit up in a chair.
 - 2 Point your toes up then down as far as possible.
 - 3 Repeat **20** times, **2-3** times per day.



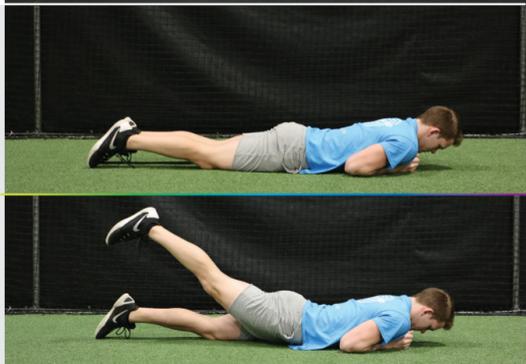
- Quadricep Contractions**
- 1 Sit with your legs out in front of you on your bed or couch. Tighten your top thigh muscles (quadriceps) attempting to touch the back of your knee to the floor.
 - 2 Hold for 3 seconds then relax. Avoid lifting the leg with this exercise. Watch for your knee cap to move to ensure you are tightening the muscle correctly.
 - 3 Repeat **10** times, **2** times per day.



- Lying Down Straight Leg Raises**
- 1 Lying on your bed or couch, tighten your top thigh muscle (quadriceps) and while keeping your leg straight, lift your heel about 8 inches off the ground.
 - 2 Hold for **2-3** seconds then slowly lower back down. Try to touch the back of your calf to the ground first and then your heel.
 - 3 Repeat **10** times, **2** times per day.



- Hip Extension on Stomach**
- 1 Lying on your stomach, tighten your thigh muscle (quadriceps) and while keeping your leg straight, lift it up, tightening your buttocks.
 - 2 Hold for **2-3** seconds, then slowly lower and relax.
 - 3 Repeat **10** times, **2** times per day.



ACL Surgery Team



Ryan Arnold MD
Board Certified, Orthopaedics
Board Certified, Sports Medicine



Steven Goebel MD
Board Certified, Orthopaedics
Board Certified, Sports Medicine



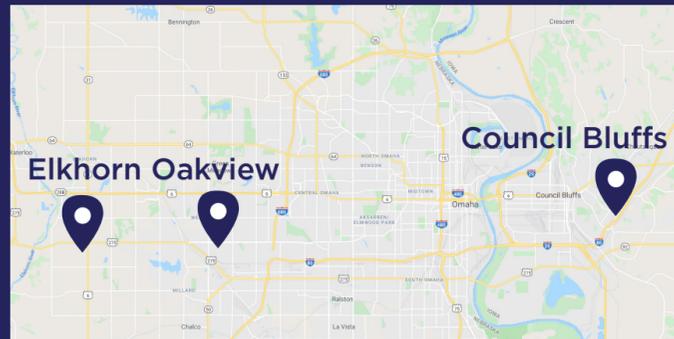
Scott Reynolds MD
Board Certified, Orthopaedics
Board Certified, Sports Medicine



Eric Samuelson MD
Board Certified, Orthopaedics
Board Certified, Sports Medicine

ACL Surgery Rehabilitation

OrthoNebraska has physical therapists who specialize in ACL rehabilitation across the metro area.



OrthoNebraska.com/ACL

A digital version of this handout, including how to use crutches videos and more.

OrthoNebraska Hospital meets the definition of a "physician-owned hospital" under 42 CFR 489.3. Nebraska Orthopaedic Hospital, LLC and OrthoWest, PC are each operating under the name OrthoNebraska. For more information, visit OrthoNebraska.com/legal.



ACL Reconstruction
Planning and Recovery

Once you have your surgery date, we recommend you call and schedule your first Physical Therapy appointment with one of our ACL rehabilitation specialists. To schedule please call:

OrthoNebraska Physical Therapy
(402) 609-1750

Welcome

From football and soccer to wrestling and rodeo – elite athlete to weekend warrior – if you've suffered an ACL injury, you want to return to sport as quickly, safely and effectively as possible. At OrthoNebraska, our surgical and rehabilitation team understands that and has the experience to guide your journey to recovery and encourage the best possible outcome.

An entire team partnering on your behalf, it is our privilege to provide you with expert care – from surgery through recovery – and show you the OrthoNebraska Way:

- Care centered around you and how we can best move you along your journey
- Regular and clear communication with your parents, athletic trainer and coaches
- Frequent patient rounds between your physical therapist, surgeon and the ACL team, discussing your progress and how to enhance recovery
- Use of evidence-based testing and assistive technology for clinical decision-making
- Customized progressions throughout the stages of recovery based on your specific needs and healing process

Thank you for trusting OrthoNebraska with your recovery. We look forward to working with you!

FAQs

How long will recovery take? When can I return to my sport/activity?

While every person and surgery is different, most uncomplicated ACL reconstruction patients are fully back to sport in about 9-12 months following surgery.

What can I expect from Physical Therapy?

At OrthoNebraska, you can expect one-on-one care with a provider that specializes in ACL rehabilitation and works with your surgeon every step of the way to ensure you progress in an efficient and safe manner. For milestones and other details, see the timeline below.

What is the Functional Athletic Sport Test (F.A.S.T)?

The F.A.S.T. was developed here at OrthoNebraska in a collaborative effort between our ACL surgeons and physical therapists. Using the most recent evidence-based research for ACL rehabilitation, it is a tiered series of performance tests that combined with other criteria, helps your therapist determine when you are ready to safely progress into the next phase of rehabilitation.

Is there anything I can do prior to surgery?

In some cases, your surgeon may have you participate in pre-operative physical therapy to work on motion, strength and stability. Your physical therapist will show you how to safely perform these exercises at home as well. Pre-op therapy is not always necessary, and can vary greatly depending on the extent of your injury. It's best to talk with your surgeon about the optimal path for you.

When can I return to driving?

Patients usually start driving once they are off all pain medications and are cleared by their therapist or physician. A typical range is 2-4 weeks.

Heel Prop

- 1 Using a rolled-up bath towel or arm rest on your couch, set your heel on top allowing your leg to hang. You should feel a gentle stretch behind your knee.
- 2 Hold this position keeping your toes pointed to the ceiling for **30** seconds.
- 3 Repeat **3** times, **30** seconds each time.



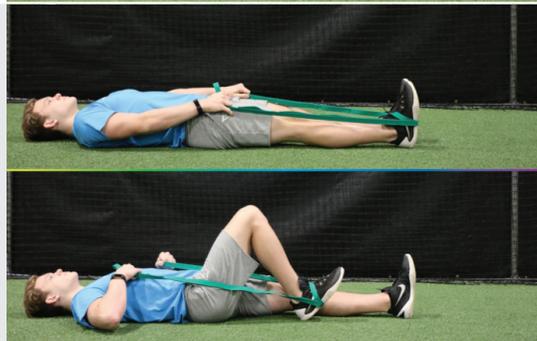
Strap Knee Extension Stretch

- 1 Sit with your leg out in front of you. Loop a strap, belt, dog leash or towel around the bottom of your foot and pull back gently as you extend your knee back.
- 2 Hold for 30 seconds and then relax.
- 3 Repeat **3** times, **30** seconds each time.



Heel Slide with Belt

- 1 Lying on your back loop a strap, belt or dog leash around the bottom of your foot and cross the straps at your shin.
- 2 Gently slide your heel backward bending your knee using the straps for assistance. Pull until you feel a stretch in your knee and hold, then straighten your leg back out.
- 3 Repeat **10** times, **2** times per day.

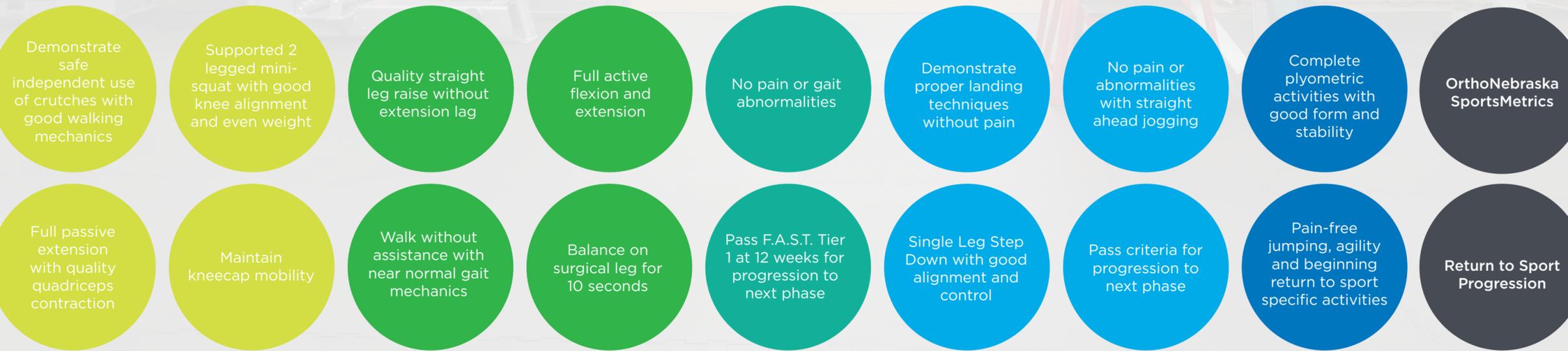


GENERAL TIMELINE AND HEALING

Protection and Healing

Prepare for Jogging

Prepare for Jumping and Agility



Perform the exercises below, only if instructed by your physical therapist or physician

Standing Heel Raises

- 1 Using a counter top or table for support, go up onto your toes and slowly lower your heels back down. Be sure to keep your quadriceps muscle tight, knees straight and weight even.
- 2 Repeat **10** times, **2** times per day.



Standing Weight Shifts

- 1 Using a counter top or table for support, slowly rock side to side placing weight as you tolerate through your surgical limb. Be sure to keep your quadriceps muscle tight and your knees straight.
- 2 Hold for 30 seconds and then relax.
- 3 Repeat **15** times, **1** time per day.

