

Post-Operative Instructions

ACL Reconstruction, Meniscal Transplantation, and Osteochondral Allograft Transplantation of the Femur

Day of surgery

- A. Diet as tolerated
- B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the third post-operative day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite. Alternatively, Cryocuff or Game-ready ice cuff can be used as per instructions.
- C. Pain medication as needed every 4 hours (refer to pain medication sheet).
- D. Make sure you have a physical therapy post-op appointment scheduled during the first week after surgery.

Video instructions for your brace can be found at <https://www.youtube.com/watch?v=jyRZkSyFBOQ>

First Post-Operative Day

- A. Continue ice pack every 1-2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.

Second Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. Unless otherwise noted, weight-bearing is toe-touching only for the first 4 weeks after surgery. After 4 weeks, you can bear as much weight on the affected leg as you can tolerate. Most patients use crutches for the first 2-3 weeks.
- C. Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery if you have not been given a time. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Third Post-Operative Day

- A. You may remove surgical bandage and shower this evening. Apply 4x4 (or similar size) waterproof bandage to these wounds prior to showering and when showering is complete apply fresh waterproof bandage. Please ensure that the bandage is large enough to completely cover the incision. You will need to follow this routine for 2 weeks after surgery.

Rehabilitation Protocol: ACL Reconstruction, Meniscal Transplantation, and Osteochondral Allograft Transplantation of the Femur

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-6)

- **Weightbearing:**
 - **Weeks 0-4:** Toe touch weightbearing with crutches and hinged knee brace locked in extension
 - **Weeks 4-6:** Advance to WBAT with crutches (d/c crutches at 4 weeks post-op if gait normalized)
- **Hinged Knee Brace:** worn for 6 weeks post-op
 - Locked in full extension for ambulation and sleeping – remove for hygiene (**Week 1**)
 - Locked in full extension for ambulation– remove for hygiene and sleeping (**Week 2-4**)
 - Set to range from 0-90° for ambulation- remove for hygiene and sleeping (**Weeks 4-6**)
 - Discontinue brace at 6 weeks post-op
- **Range of Motion** – Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
 - Set CPM to 1 cycle per minute - starting at 40° of flexion
 - Advance 10° per day until full flexion is achieved (should be at 100° by week 6)
 - PROM/ AAROM and stretching under guidance of PT
- **Therapeutic Exercises**
 - Patellar mobilization
 - Quadriceps sets, heel slides, straight leg raises, patellar mobilizations, co-contractions (**Weeks 0-2**)
 - Add heel raises and terminal knee extensions (**Weeks 2-8**)
 - Activities in brace for first 6 weeks – then without brace
 - **No weightbearing with flexion > 90° during weeks 0-4**
 - **Avoid tibial rotation for first 8 weeks to protect the meniscal allograft**

Phase II (Weeks 8-12)

- **Weightbearing:** Weightbearing as tolerated, unlock hinged knee brace
- **Range of Motion** – Advance to full/painless ROM (patient should obtain 130° of flexion)
- **Therapeutic Exercises**
 - Progress to closed chain extension exercises, begin hamstring strengthening
 - Lunges – 0-90°, Leg press – 0-90° (flexion only)
 - Proprioception exercises
 - Begin use of the stationary bicycle

Phase III (Months 3-6)

- **Weightbearing:** Full weightbearing with normal gait pattern
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength
 - Begin jogging/running
 - Plyometrics and sport-specific drills

Phase IV (Months 6-12)

- Maintenance program for strength and endurance
- Gradual return to athletic activity as tolerated (9-12 months post-op)

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____