

c. Exercise to maintain good circulation in your calf and foot

1. *Ankle pumps. Pull your foot toward your head, then point your foot downward. Do 20 repetitions slowly.*



## Rehabilitation *(continued)*

2. After the first post-operative week, you will start a home and/or gym exercise program. Alternatively, some patients may elect to do their therapy on their own in a gym. At 1-2 weeks we will initiate a program of physical therapy.
3. The most important exercise in the first 2 weeks after surgery is to do the stretching exercise to try to get the knee completely straight. This is even more important than the exercises to bend the knee.

## Wound Care

1. On the first day after surgery you may remove the dressing. Leave all strips of tape in place until they fall off. You may place bandages over the small incisions until they are dry.
2. Continue to use the compressive stocking and Cryocuff as necessary. These measures are for comfort only and not necessary for proper healing.
3. You may shower after the wound stops draining, but do not swim or take a bath until after the first post-operative appointment.

## Precautions

*Please call your surgeon if you have:*

1. Fever (101.5° F or above) or chills
2. Redness around the incisions
3. Increasing pain in the knee not relieved by elevation, rest, ice, and medication
4. Severe pain and swelling in the calf and foot that does not improve with elevation.
5. Foul-smelling drainage from the wound.

## Follow-up Care

You will need to visit your surgeon approximately 7-10 days after surgery. This appointment is usually made at the time your surgery is scheduled. You will probably receive a phone call by one of our nurses after you're home to check on your progress. In addition, do not hesitate to call if any problems or questions arise before your appointment.



## All-Inside ACL Reconstruction: Allograft or Hamstring Autograft



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## Your Diet

You may resume your normal diet.

## Activity

1. You should try to elevate your knee above your heart as much as possible in the first 36 hours to reduce pain and swelling.
2. You are permitted to walk and bend your knee immediately. I would like you to wean off the crutches as soon as possible. There is no limit to the amount of walking you can do - it is based more on your pain tolerance.
3. Driving is allowed once you feel that your leg is strong enough.

## Pain and Swelling

1. The most important way to control post-operative pain is to elevate the knee above the level of your heart. This is effective at any stage of the post-operative period.
2. You will be given a prescription for a narcotic pain killer that you can use if needed for moderate to severe pain. If you have adverse effects, discontinue the medicine and notify us.

You will also be given a prescription for Celebrex. Please refer to separate handout in your booklet. If you are unable to take Celebrex or it is unavailable you may start on over the counter anti-inflammatory medication after surgery (i.e. Ibuprofen, Aleve).

3. The CryoCuff device is placed on your knee at the time of surgery. It provides compression and cooling to the knee beginning immediately after surgery. You should continue to use this device at home to help relieve pain and swelling. It can be used after exercising or whenever you have pain and swelling during the post-operative recuperation. (Instructions about this device are enclosed.)
4. Swelling is normal after ACL reconstruction. Usually most of it resolves slowly over a 3-6 week period. However, some swelling may persist for several months, and this is still considered normal.
5. You may experience some swelling, cramping, and/or bruising in the calf. If you have severe pain and swelling in the calf, please contact our office.

## Rehabilitation

1. For the first week, beginning the day after surgery, please do the following exercises four times a day:

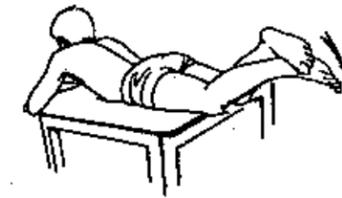
### a. Exercises to obtain full knee extension (full straightening)

1. Place a towel roll under your ankle and slowly push the knee down towards the floor; hold for five seconds.

Do 10 repetitions



2. Once you are able to tolerate this exercise, do this one instead of number 1. Lie on your stomach on a bed or table with your knees and legs hanging over the edge. Slowly let the legs and feet hang there, stretching out the knees into full extension. You can use the good leg to gently push down the operated side (as shown in the picture). Let the legs hang for at least five minutes.



### b. Exercises to regain knee flexion (bending)

1. Start with your leg out straight. Slide your heel toward your buttock. Hold five seconds then return to the starting position and do 10 repetitions.



2. Sit in a chair and try to bend the operated knee as much as possible, then use the good leg to help push it back into further flexion; hold for five seconds and do 10 repetitions.

