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POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHOD.COM

After ACL Reconstruction: First Two Weeks

PRECAUTIONS — READ FIRST

Wear your brace LOCKED STRAIGHT for walking and sleeping. You may put weight on the leg as tolerated with your crutches; keep the crutches until you can walk without a limp. Getting the knee FULLY STRAIGHT is the top priority of these two weeks. Do not force bending past 90 degrees. Keep the dressing clean and dry, and use ice and elevation for swelling.



Ankle Pumps 10-15 times, every hour while awake

With the leg elevated, pull your toes up toward you, then point them down.



Quad Sets 10-15 times, 2-3 sets, 2-3 times a day

With the leg straight, tighten the muscles on the front of your thigh, pressing the back of the knee down. Hold 5 seconds. Relax.



Heel Prop for Extension 10 minutes, 2-3 times a day

Rest your heel on a rolled towel so the knee hangs unsupported, and let the knee settle toward fully straight. Tighten the thigh to press it straighter.



Heel Slides (to 90 degrees) 10-15 times, 2-3 times a day

Lying on your back, slowly slide your heel toward your buttock, bending the knee as far as comfortable up to 90 degrees. Slide back out straight.





Straight Leg Raise (brace locked) 10-15

times. 2 sets, 2-3 times a day

With the brace locked straight, tighten the thigh and lift the whole leg about one foot off the bed. Lower slowly. If the knee sags when you lift, keep working the quad sets first.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.