



## ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION

### Pre-operative

- Avoid high-risk pivoting or cutting activities
- Obtain/keep full range of motion with stretches (prone hangs, heel props, towel pulls for extension, towel/hand pulls, opposite leg pulls and wall slides).
- Strengthening with heel lifts, leg lifts and step-ups.

### Post-operative

- Limited activity with bathroom privileges only for first 6 days.
- Use TED hose.
- Cold therapy at all times.
- Keep ACL knee elevated.
- Exercises (every 2 hours from 8 am to 10 pm).
  1. Remove leg from elevation.
  2. Perform range of motion exercises and leg lifts.
  3. Place yardstick along operative leg with heel at zero; flex leg as far as possible and note the number on yardstick; continue increasing amount of flexion for 10 minutes.
  4. After completion of exercises; re-apply cold therapy.
- May weight-bear as tolerated; use crutches until you can walk without a limp.
- After first 6 days; perform activities as tolerated; continue performing exercises; if knee starts to swell or loss of motion of knee occurs then reduce activity.
- Take 2 Aleve tablets BID.
- Take 1000mg of Tylenol every 6 hours.
- Vicodin as needed for pain.

**If you have any questions or concerns, please call the patient office at (937) 208-2091 and press option #4.**

**Miami Valley Hospital**  
30 E. Apple Street, Suite 2200  
Dayton, OH 45409  
Tel: 937.208.2091

**Miami Valley Hospital South**  
2350 Miami Valley Drive, Suite 210  
Centerville, OH 45459  
Tel: 937.208.2091

**Atrium Medical Center**  
Professional Building 1  
200 Medical Center Drive, Suite 375  
Franklin, OH 45005  
Tel: 513.705.4201

**Beavercreek Office**  
Beavercreek Family Physicians  
1244 Meadowbridge Drive  
Beavercreek, OH 45434  
Tel: 937.208.2091

**Huber Heights Office**  
Good Samaritan  
Health Center  
6251 Good Samaritan Way  
Huber Heights, OH 45424  
Tel: 937.208.2091

**Sidney Office**  
1529 Fair Road  
Sidney, OH 45365  
Tel: 937.497.9810

**Springboro Office**  
At Springboro High School  
1625 S. Main Street  
Springboro, OH 45066  
Tel: 937.208.2091

**Troy Office**  
76 Troy Town Drive  
Troy, OH 45373  
Tel: 937.339.8399

**Vandalia Office**  
55 Elva Court  
Vandalia, OH 45377  
Tel: 937.208.2091