



DR. ARNAB KARMAKAR

MS, DNB ORTHO GOLD MEDALIST

FELLOWSHIP IN ARTHROSCOPY & ARTHROPLASTY (ADELAIDE, AUSTRALIA)

CONSULTANT ORTHOPAEDIC & ARTHROSCOPIC SURGEON

JOINT & BONE CARE HOSPITAL, SALT LAKE

KOTHARI MEDICAL CENTER

E MAIL: arnab.doctor@gmail.com

Website: <http://drarnabkarmakar.in/>

Facebook: <https://www.facebook.com/advancedorthocare/>

**YOUTUBE: <https://www.youtube.com/channel/UCGqPzfBx8FvCTorOXbxZB9Q/>
[featured](#)**

Patient Details:

Operation Details:

EXERCISE PROGRAMME FOR ACL RECONSTRUCTION **(+/- MENISCAL REPAIR)**

“FOR ADDED MENISCAL REPAIR EVERYTHING IS SAME EXCEPT FOR WALKING. IN CASE OF MENISCAL REPAIR WALKING STARTS AFTER 4-6 WEEKS OR AS DIRECTED BY THE SURGEON”

COMMON IMPORTANT POINTS:

1. Apply ice as much as you can
2. Keep a pillow under the leg while sleeping
3. Move your foot and toes continuously
4. QUADS SETTING- Pull your foot towards your body and make your knee tight and hold it for 15 seconds then release. Repeat it as much as you can.
5. First dressing changes around 7 days and stitch removal around 14 day.
6. Do all the exercises 6 to 8 times per day.

A. FIRST 7 DAY (FIRST WEEK):

1. Wear the **brace** all the time.
2. **WALKING**- wearing the knee brace after pain tolerance. Can use crutches or walker for support. Walk as per comfort level.
3. **ACHIEVE FULL EXTENSION**- Loosen the knee brace, keep a rolled towel under the heel for 5 mins. Do it 4 times a day.
4. **QUAD SETTING**- keeping the leg on the bed, tighten your thigh as hard as possible- hold for a count of 10 – relax for a count of 10. Repeat this for 10-15 times.
5. **KNEE BENDING**- Remove the knee brace and try to bend your knees in lying down position. Do it as per the pain tolerance.

B. DAY 7 – DAY 28 (UPTO 4 WEEK):

WITH BRACE ON:

1. **WALKING**- As much as possible with or without support
2. **QUAD SETTING** – cont. as before.
3. **STRAIGHT LEG RAISING (SUPINE & PRONE)** -Raise the leg keeping the knee straight, hold for 5-7 sec, repeat.
4. **LEG ABDUCTION & ADDUCTION**- Lift the leg off the bed move it away to the side, then move it towards the other leg crossing over it. Each time hold for 5-7 sec.
5. **LEG CIRCUMDUCTION**- Lie on your healthy side, lift your operated leg off the bed and rotate, both clockwise and anticlockwise each time hold for 7 secs.
6. **TOE STAND** – Stand up on your toes and hold for 10 count.

REMOVING THE BRACE:

1. **PRONE HANG & BACK CURL**: Lie on your belly, hang your feet 6 inches off the bed, then bend your knees as far as possible, hold for count of 10, extend the knee relax for 10, repeat.
2. **BED SIDE LEG DANGLING & QUADRICEPS DRILL** – sit at bedside and suspend your feet, bend your knee and make it straight. Hold for 10 in each position.

C. 4 TO 8 WEEKS:

WITH BRACE ON AS BEFORE

1 TO 6 OF "B"

REMOVING THE BRACE

1, 2 OF "B"

1. **ACTIVE QUADS DRILL** - sit at bedside and suspend your feet, bend your knee and make it straight. Hold for 10 in each position.
2. **ACTIVE ASSISTED KNEE BENDING**- sit on bed and pull your heel towards buttock.
3. **HAMSTRING STRETCH**- Sit on the floor with both legs out straight, extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight.
4. **CALF STRETCHING**- sit on bed and pull your foot towards your body with a towel.
5. **MINI SQUAT**- stand with both your feet held apart by about 6 inches, slowly lower your hips for about 6 inches keeping your spine straight, count for 10 and repeat.
6. **UPPER BODY EXERCISES**- for athletes

D. 8 TO 12 WEEKS:

Discard brace after consultation with your surgeon.

REMOVING THE BRACE

1. **BACK CURL** – As before, target bending is 150 degrees
2. **KNEE BENDING**- same as before up to 150 degree
3. **QUADS DRILL WITH WEIGHT** – exercise same as before, tie a weight of 1 kg in your ankle. When comfortable with a weight increase the weight by 1 kg and try to reach up to 5 kg in 6 weeks.
4. **HAMSTRING DRILL WITH WEIGHT**- Lie face down with your ankles inside bed. Tie 2 kg weight to your ankles and slowly bend your knees to 45 degree. Increase weight when comfortable up to 8 kg in 6 weeks.
5. **STAIRS** – Climb 10-15 stairs each session, 4 times daily.
6. **MINI SQUATS**
7. **CYCLING & SWIMMING**

E. 3 TO 6 MONTHS:

1. **KNEE BENDING**- Achieve full knee bending
2. **QUADS DRILL WITH WEIGHT** – with 10 kg in next 6 weeks
3. **HAMSTRING DRILL WITH WEIGHT**- with 15 kg in next 6 weeks

SPORTS SPECIFIC TRAINING (SHOULD BE DONE UNDER GUIDANCE)

1. FULL SQUAT
2. SKIPPING
3. LEG PRESS/ SINGLE LEG PRESS
4. ONE LEG HOP
5. SPOT JUMP
6. FREE SWIMMING

F. 6 MONTHS ONWARDS:

1. SIDE RUNNING
2. SPRINTS
3. SHOOTING
4. BALL CONTROL
5. DRIBBLING

RETURN TO SPORTS (after consulting your surgeon & physio)

1. HOP DISTANCE EQUALS OPPOSITE SIDE
2. MUSCLE SYMMETRY AT LEAST 90 % OF NORMAL SIDE

CONTACT:

KOLKATA: 9830491377 / 8240136591

GHATAL: 9732767890