



FISIOTERAPIE PHYSIOTHERAPY

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HOSPITAL: INFO
FOR PATIENT

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Knee Rehabilitation after surgery (Anterior Cruciate Ligament reconstruction)

GENERAL INFORMATION AND ADVICE:

1. If you have been fitted with a brace post-operatively, it should be worn as prescribed. Your physio will progressively change the brace settings.
2. Crutches should be used as prescribed. (*See exercises for instructions on how to walk and for climbing up and down stairs.* Be very careful of any turning movements at the knee.
3. If you have received orthopaedic stockings use them as prescribed. They are used to control swelling and to prevent blood clotting.
4. If your calf becomes swollen or painful or your knee becomes hot or red, contact the doctors' rooms.
5. Try to keep your leg elevated when you are resting to reduce the swelling in your leg. Put your foot up on the sofa so that your ankle is higher than your heart.
6. When sitting bend your knee as far as possible or as far as the brace allows. When lying down keep the knee as straight as possible.
7. Be very careful of slipping on wet surfaces, steps etc. No sudden movements with the knee. Do not pull the knee all the way straight.
8. When dressing, dress the operated leg first up to the knee, dress the healthy leg up to the knee and then pull the pants over your buttocks. Be very careful to not turn the knee in or out.
9. You may sleep on your back or on your sides. Put a pillow between your knees when lying on your side.
10. For swelling and pain ice and heat can be used (*See exercises for time specific management*). If your knee is very swollen, lift the end of your bed.
11. The dressings must not be taken off until your post-operative appointment at the clinic. The dressing must be kept clean and dry at all times.
12. No driving while your knee is in the brace. Only start driving when you can **safely** drive without any pain and your leg is strong enough to perform all the necessary actions.
13. Please follow the exercises prescribed. Physiotherapy is very important to insure that the knee is fully rehabilitated and functional.
14. Consult your physio for a biokineticist referral if you want to start doing gym exercises. The following exercises should preferably never be done again: a) leg extensions
15. No jogging for at least 3 months. No sport participation for at least 9 months. No breast stroke kicking for 6 months.

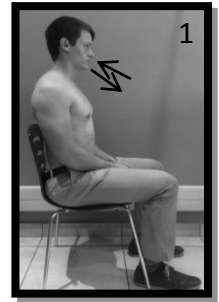
EXERCISES:

0-2 Weeks

EXERCISES SHOULD NEVER BE EXCESSIVELY PAINFULL
REPEAT ALL EXERCISES APPROXAMITALLY 10 TIMES

1. Breathing exercises:

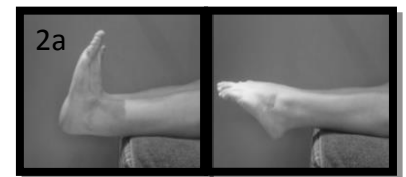
- a. Sit or lie down comfortably.
- b. Breath in through your nose.
- c. Breath out through your mouth.
- d. Keep your shoulders relaxed.
 1. Take a deep breath in and out.
 2. Take a deep breath in, hold for 3-5 seconds and breath out.
 3. Take a deep breath in, then a bit more in, and breath out.



2. Circulation exercises

a. Footpumps

1. Keep your knee still.
2. Move your foot up and down.



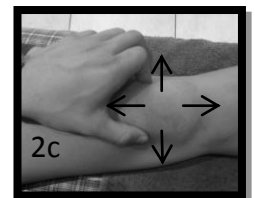
b. Heelslides 1

1. Keeping your heel on the bed.
2. Move your heel to your buttock as far as possible.
3. Straighten your knee again.



c. Patella mobs

1. Sit with your knee straight and relaxed.
2. Hold your knee cap between your hands.
3. Move it up and down.
4. Move it from left to right.



3. Static Exercises

a. Quadriceps

1. Sit with your knee straight.
2. Push your knee as flat into the bed as possible.
3. Hold 5-10 seconds.

b. Gluteus

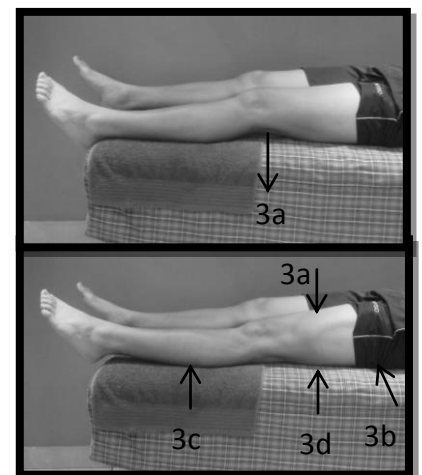
1. Lie down on your back with your knee straight.
2. Squeeze your buttocks together.
3. Hold 5-10 seconds.

c. Calves

1. Sit down with your knee straight.
2. Point your toes.
3. Hold 5-10 seconds.

d. Hamstrings

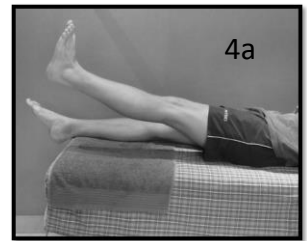
1. Lie down on your back with your knee straight.
2. Push your heel down into the bed.
3. Hold 5-10 seconds.



4. Active Exercises

a. **Straight leg raise**

1. Lie down on your back.
2. Keep your knee straight.
3. Pick your foot up towards the ceiling, bending at the hip.
4. Lower your leg slowly.



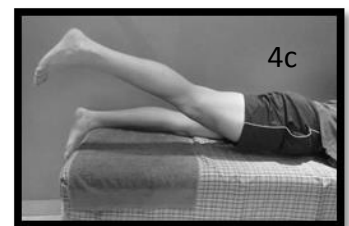
b. **Abduction**

1. Lie down on your back.
2. Slide your leg outwards.
3. Slide the leg inwards until it touches the other leg.



c. **Hip extension**

1. Lie down on your stomach.
2. Keep your knee straight.
3. Lift your foot up towards the ceiling using your buttock.
4. Lower your leg slowly!



5. Knee extension range

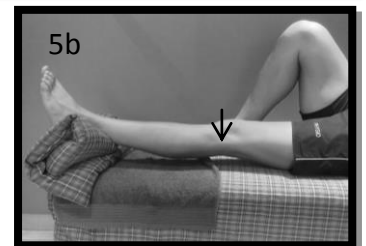
a. **Feet of bed**

1. Lie on your stomach.
2. Make sure your knee is just off the bed and your thigh is supported.
3. Hold this position for 2-3 minutes.



b. **Feet on pillow**

1. Lie on your back or sit with your knee straight.
2. Put a pillow under your ankle.
3. Let your knee hang towards the bed.
4. Hold this position for 2-3 minutes.



6. Knee flexion range

a. **Heel slides 2**

1. Keep your heel on the bed.
2. Move your heel to your buttock as far as possible.
3. Hold for 5-10 seconds.
4. Straighten your knee again.



b. **Side of bed**

1. Sit over the side of the bed.
2. Make sure your thigh is supported.
3. Bend your knee back as far as possible.
4. Straighten the knee slightly.



c. **Knee ups**

1. Stand with good posture.
2. If you have weak balance stand against a wall.
3. Lift your knee as high as possible.
4. Remember to bend your knee and hip.



7. **Ice for swelling and pain:**

- a. Cover the surgery with a clean sheet of plastic or a towel in order to protect the wounds and dressings.
- b. Put an ice pack over your swollen or painful areas.
- c. Keep it on for 10-15 minutes.
- d. You can do this 3 times per day.

8. Crutches

a. Walking

1. Find your balance.
2. Move both crutches forward.
3. Move your operated leg forward. If you are allowed to, put the foot down on the floor, otherwise you can keep it in the air.
4. Bring the healthy leg forward, try to move it further forward than the operated leg.
5. Continue in this order.



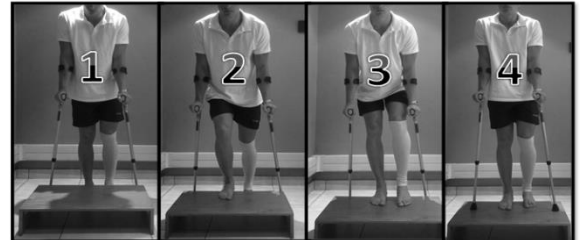
Remember:

Good leg goes to heaven (up with the good)

Bad leg goes to hell (down with the bad)

b. Climbing up stairs

1. Find your balance.
2. Climb up the stair with your healthy leg.
3. Move your operated leg forward/up.
4. Bring the crutches up onto the step.
5. Find your balance before continuing upwards.



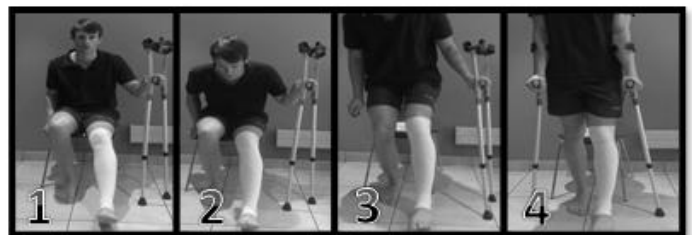
c. Climbing down stairs

1. Find your balance.
2. Move your crutches down onto the floor.
3. Move your operated leg forward/down.
4. Climb down with your healthy leg.
5. Find your balance before continuing down.



d. Stand up with crutches

1. If possible sit on a chair with arm rests. Put one hand on the chair and one on your crutches.
2. Shift your weight forward – if you have a hip replacement please lean back instead of forward.
3. Putting your weight onto your healthy leg, push up into standing.
4. Find your balance and shift one crutch to your other hand.



e. Sit down with crutches

1. Find your balance.
2. Place both crutches in one hand.
3. Place one hand on the chair.
4. Slowly lower your body into sitting.

IMPORTANT!

All knee surgery patients require physiotherapy after discharge from the hospital, to prevent post-operative complications and failure of surgery.

- You will need **2-3 sessions/ week.**
- Please phone the practice for an appointment **ASAP.**