

Early Exercises after Anterior Cruciate Ligament Reconstruction

Patient Information



What you need to know about your exercises ...

Early Exercises after Anterior Cruciate Ligament Reconstruction

Introduction

The following exercises are to help increase range of movement and strengthen muscles around your hip

- The exercises should not increase your pain.
- It is normal to feel some aching, stretching or slight discomfort when doing the exercises.
- If you feel an exercise is causing you intense and lasting pain (e.g. for more than 30 minutes) change the exercise by doing it less forcefully or less often.
- The key is to do the exercises 'little and often'.
- You can use painkillers and/or an ice pack to reduce the pain before you exercise if necessary.

1. Static Quadriceps Contraction



Lying on your back with your legs straight. Bend your ankle and push your knee down firmly against the bed. Hold for 5 seconds then relax. Repeat 10 times

2. Knee Hangs



Placed a rolled up towel under the ankle of your operated leg. Straighten your knee by tightening your thigh muscles. Hold for 10 seconds. Repeat 5 times

3. Inner Range Quads



Place a rolled up towel under your operated knee and have your heel resting on the bed/floor. Push your knee down into the towel by tightening your thigh muscles but keep your heel on the bed/floor. Hold for 5 seconds. Repeat 10 times

4. Active Heel Lifts



Sit with your operated leg out straight on the bed/floor. Tighten your thigh muscles and try to lift just your heel off the bed/floor. Hold for 5 seconds. Repeat 10 times

5. Passive Heel Lifts



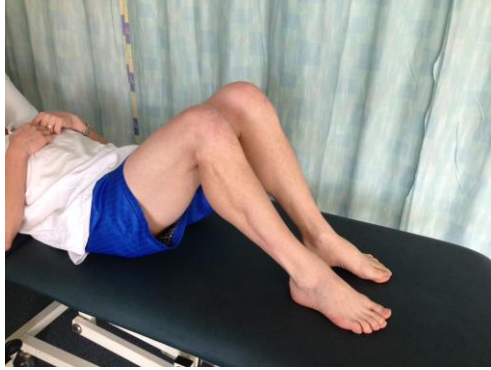
Sit with your operated leg out straight on the bed/floor. Take a belt, place it around the ball of your foot and hold both ends in your hands. Gently pull on the belt to lift your heel off the bed but make sure you keep your thigh on the bed/floor. Hold for 20 seconds. Repeat 5 times.

6. Knee Flexion



Lying on your back with a sliding board under your leg. Bend and straighten your knee by sliding your foot up and down the board. Repeat 10 times.

7. Matching Heel Slides



Lying on the bed/floor bend your operated leg by sliding your heel towards your bottom. Bend your non-operated leg up to the same angle. Close your eyes, straighten your operated leg out and then bend it up to the same angle as the non operated leg. Repeat with different angles of knee bend.

8. Hip Abduction In Side Lying



Lie on your non-operated side. Keep your leg on the bed bent and your operated leg straight. Lift your upper leg straight up with your heel leading the movement. Slowly lower. Repeat 10 times.

9. Hip Adduction In Side Lying



Lie on your operated side with top leg bent in front of lower leg and the foot on the floor. Roll top hip slightly forwards, use top arm to support you in front. Lift your lower leg off the floor and return to starting position. Repeat 10 times.

10. Hip Extension In Lying



Lie on your front. Lift your operated leg towards the ceiling keeping your knee straight. Repeat 10 times.

11. Calf Raises



Standing holding the back of a chair or table. Push up on your toes and lower slowly. Repeat 10 times.

12. Locking Knee Straight In Standing



Standing holding the back of a chair or table. Let your operated leg bend slightly and then slowly straighten it by tightening your thigh muscles. Hold for 5 seconds. Repeat 10 times.

13. Knee Flexion In Prone



Lie on your front. Bend your operated knee as far as you can then slowly lower. Repeat 10 times.

14. Clams



Lying on your side with your knees bent. Tighten your buttocks, keeping your feet together, lift your top knee as far as you can without letting your pelvis rotate forward or back. Repeat 10 times.

15. Quadriceps/Hamstrings Co-contraction



Sit with your knee bent and wrap your hands around your thigh so that you can feel the front and back. Push your heel down into the floor to tighten the muscles at the front of your thigh. At the same time, try to slide your heel backwards but without actually moving the foot. Feel the muscles tense on the front and back of your thigh. Hold for 5 seconds. Repeat 10 times.

Further information and advice

If you would like any advice or information you can contact the Dorset County Hospital physiotherapy department on 01305 255314 or the Weymouth Community Hospital physiotherapy department on 01305 762671.

You can also contact NHS Direct 24 hours a day on 0845 46 47 or www.nhsdirect.nhs.uk

You can contact our Patient Advice and Liaison Service (PALS) on free phone 0800 7838058 or pals@dchft.nhs.uk

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