


Orthopaedic and Sports Injuries Services "OASIS"

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Combined ACL & Collateral Ligament Rehab

In theatre:

- Arthroscopic procedure to reconstruct ligaments.
- Cryocuff applied beneath cricket pad splint.

Post-operative:

- Post-op brace fitted in Recovery set at 10° - 90° for 6 weeks, to be worn at all times.
- Instructed on home exercises in brace.
- SLR.
- Patella mobilisations.
- Passive knee flexion on sliding board.
- Mobilised non-weight bearing with crutches and post-op brace.

Day 1 – 14

- CPM
- General leg exercises – hip abd / add, gluts.
- Check patient's removal / application of brace (for bathing only) avoid extension/hyperextension.
- Instruct on home ice packs for pain and swelling management.
- Mobilise – check on stairs and discharge when safe.
- Home exercises in brace checked and reinforced.
- On discharge, out-patient physiotherapy to be arranged for 5-7 days post-op.
- No inner range quads.

2 – 12 Weeks

- To mobilise within brace non-weight bearing for 6 weeks and increase to full weight bearing by 3 months.
- Brace unlocked at 6 weeks to allow more flexion and extension. The brace can now be removed for ROM exercises only.
- Continue with ACL rehabilitation within brace as weight bearing allows / applicable but only closed chain exercises.

12 Weeks

- Full weight bearing.
- Discard brace.

Aims

- To reach 90° flexion by 6 weeks, 120° by 10 weeks.
- Full weight bearing and removal of brace at 3 months post-operative.

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