

Immediate Post-Operative ACL Exercises

Exercise: Heel Prop

1) Exercise Goals

- a) Improve extension (straightening) of the knee
- b) Challenge yourself to hold longer and longer times in the heel prop position

2) How to Perform the Exercise

- a) Prop the heel of the surgical limb up on a small pillow, table, chair, towel roll etc. having enough height to clear the calf and back of knee from touching anything and letting the knee hang
- b) Pressure should be at the soft part of the ankle/heel for comfort
- c) Allow the knee to hang for the prescribed time, taking breaks as needed by using your hands to slightly bend and support the knee

3) Prescription

- a) Dedicate at least 10 minutes of time to this position, resting as needed with increasingly more time without a rest
- b) Perform once per hour you are awake, or at the least 5 times per day

Exercise: Ankle Pumps

1) Exercise Goals

- a) Prevent blood clots
- b) Improve ankle range of motion
- c) Reduce atrophy of calf muscles

2) How to Perform the Exercise

- a) Allow the ankle to hang off the edge of the bed, or prop up back of calf (like heel prop exercise)
- b) Pump ankle fully and smoothly up and down, trying to flex and relax the muscles

3) Prescription

- a) Perform 30-50 reps every hour you are awake, or at least 5 times per day

Exercise: Glute Isometric

1) Exercise Goals

- a) Promote glute activation
- b) Improve the volitional muscle control
- c) Reduce atrophy of the glute muscle

2) How to Perform the Exercise

- a) Flex the butt muscles while sitting up looking down at your legs straight in front of you
- b) Try doing both sides at the same time to show the surgical side how 'normal' should feel
- c) Flex as hard as you can tolerate- you should feel your hips raise up off the bed
- d) Try thinking of pinching your butt muscles together

3) Prescription

- a) Hold flex for 5-10 seconds, increasing time as you get better
- b) Perform at least 20-30 reps every hour you're awake, at least 5 times per day

Exercise: Quad Isometric

1) Exercise Goals

- a) Promote quad activation
- b) Improve the volitional muscle control
- c) Reduce atrophy of the quad muscle

2) How to Perform the Exercise

- a) Sit up while looking down at your legs straight in front of you, flex the quad muscle (located on the top of the thigh above the knee cap)
- b) Try doing both sides at the same time to show the surgical side how 'normal' should feel
- c) Flex as hard as you can tolerate- don't be afraid of hurting anything- you will feel pressure or even some discomfort, but you want to build up more tolerance to the muscle flex action
- d) Try thinking of pulling your knee/leg straight and shin back, sometime pulling your toes/ankle back helps accomplish this

3) Prescription

- a) Hold flex for 5-10 seconds, increasing time as you get better.
- b) Perform at least 20-30 reps every hour you're awake, at least 5 times per day.

These rehabilitation guidelines were developed by the Physical Therapists at Collier Sports Medicine and Orthopedic Center. For questions regarding these rehabilitation guidelines, call (239) 593-3501. For questions regarding specifics of your surgery, please call Dr. Guerra's office at (239) 593-3500, please be aware that this information is not intended to replace the care or advice given by your physician or physical therapist. It is neither intended nor implied to be a substitute for professional advice and treatment. Call your health provider immediately if you think you may have a medical emergency. Always seek the advice of your physician or other qualified health provider prior to starting any new treatment or with any question you may have regarding a medical condition. Copyright 2019 Collier Sports Medicine and Orthopedic Center.



HEAD TEAM PHYSICIAN
FLORIDA GULF COAST UNIVERSITY

1706 Medical Boulevard, Suite 201 Naples, Florida 34110
Telephone 239.593.3500 Fax 239.593.9163
www.colliersportsmedicine.com