



CHRISTOPHER LYONS, M.D. SPINE SURGERY | JOINT REPLACEMENT | ARTHROSCOPY

JOHN MANTA, M.D. SPORTS MEDICINE | ARTHROSCOPY | JOINT REPLACEMENT

BONNIE NYE, M.D. SPORTS INJURIES | SPORTS CONCUSSIONS

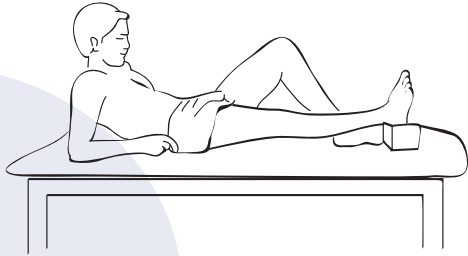
ACL INSTRUCTION SHEET

1. After discharge from the hospital you will be prescribed pain medication. Please take this medication with food. If you develop a rash, itching or nausea please call the office. You are not permitted to drive while taking these medications.

Most legs become discolored and swollen after an anterior cruciate ligament reconstruction this is not cause for alarm. Please elevate your leg above your heart to decrease the swelling and discoloration.
2. If you develop fevers greater than 102°, drainage from the wound, or increasing pain and redness in your calf please call the office.
3. The ice pack is important to decrease pain and swelling and should be utilized as directed. If you have had a block your leg will be numb after surgery. Please take the pain medicine as soon as you have any sensation return to your leg.
4. You may remove the dressing and shower (but do not take a bath) after 3 days, however, do not scrub the incisions, and pat the incision dry gently. You may leave the incision uncovered at this time. Your sutures will be removed at your 2 week follow-up visit, please call the office the day after your discharge from the hospital to insure this is arranged.
5. Crutches may be prescribed for you. Please use them until you are walking normally. Unless otherwise instructed you are encouraged to place weight on your leg. Your leg will be placed in a brace after surgery. The brace should be worn at night for one month. You should remove the immobilizer during the day to perform your exercises as frequently as possible. You may walk in the immobilizer if your knee feels unstable. It is important not to walk on a bent knee. The knee must come all the way straight if you are walking without the crutches.
6. Please call 610 280-9999 to schedule your post surgery appointment 10 - 14 days after surgery. Your sutures will be removed at this time.
7. The most important exercises for your recovery are on the back of this form. Please perform them as frequently as possible. (For example the goal for number 5 would be 4-6 hours per day in the first two weeks.)



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Sitting or lying on back, involved leg straight with pillow under ankle (nothing under knee) let knee stretch into extension. You can use weight on thigh to increase stretch. Be sure not to put weight directly on knee.

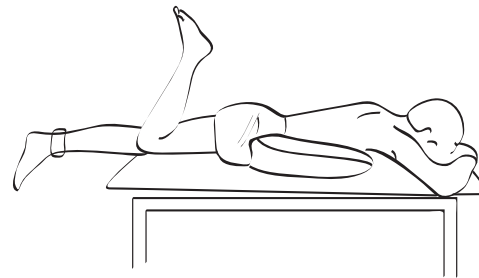


- A. With index fingers on lower border of knee cap and thumbs on upper border gently slide cap toward hip and then down toward foot.
- B. With index fingers on each side of knee cap slide knee cap right and left.
- C. If you have difficulty moving knee cap up and down try moving at a diagonal.

#8 HIP and KNEE Strengthening Standing Knee Flexion

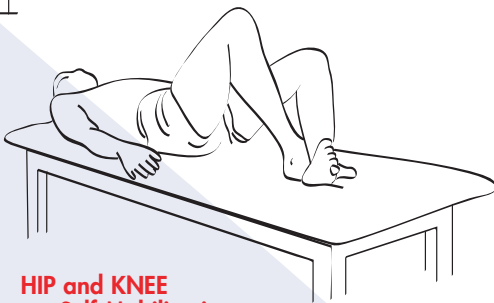


Standing, bend knee up as far as possible.
Hold 2 seconds
Repeat 5 times
Do 2 sessions per day



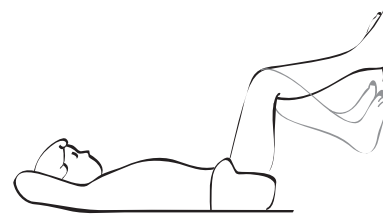
#5 HIP and KNEE Prone Hangs

Lying on stomach with lower leg hanging off bed unsupported, stretching leg straight you can use weight around ankle to increase stretch.



HIP and KNEE Self-Mobilization Hook-lying knee flexion stretch

Bend involved knee as far as possible, then using other leg apply a gentle push until a stretch is felt.
Hold 10 seconds. Relax, repeat 10 times.
Do 10 sessions per day.



#5 HIP and KNEE Knee Wall Slides

Slowly "walk" or slide feet on wall toward floor until a stretch is felt in knee.
Hold 3 seconds. Repeat 10 repetitions/set.
Do 2 sets/session. Do 2 sessions/day.