

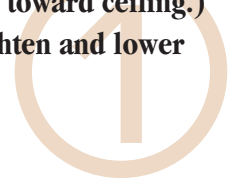


# Anterior Cruciate Ligament Reconstruction



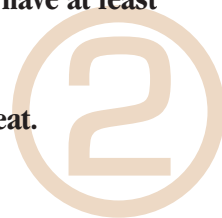
## Extension Stretch

- Lie on your back and place a large towel roll under your ankle. The towel roll must be large enough that the calf does not touch your bed or floor. Do not let the leg roll outwards. (Keep toes pointed toward ceiling.)
- Relax your leg and let the knee straighten and lower toward your bed.
- Hold for a total time of 15 minutes.
- Repeat this 4 times per day.



## Passive Flexion Stretch

- Sit in a chair or on the edge of your bed with your thigh supported. Keep your rear down and do not lift it up as you stretch.
- Open the hinges on your brace or remove the brace to perform the stretch.
- Slowly bend the knee until a stretch is felt. You can use your other leg either under the surgical leg to help support it, or you can place it over the top to help bend it back and gain more stretch. Your goal is to have at least 90 degrees of bend within 7 days after surgery.
- Once you feel a stretch, hold it for 1 minute.
- Then straighten the leg and rest for a few seconds and repeat.
- Perform 5 repetitions per session.
- Do this 4 times per day.



## Quadriceps Sets

- Lie on your back and place a towel roll under your knee.
- Tighten your thigh muscles and press down on the towel as if you were straightening the knee. Lift your foot off of the bed or floor as you feel like you are able to.
- Hold this 5-10 seconds, then relax.
- Perform 2 sets of 10 repetitions per session.
- Perform 4 sessions per day.

