

ACL RECONSTRUCTION PROTOCOL

- Initial post-op appointment 1 week from surgery
 - X-ray
 - Clip the middle of the port suture
 - Leave steri-strips in place until next appointment
 - Patient should already be in physical therapy
 - Patient is to stay in the knee immobilizer and on the crutches
 - Return to office in 1 week

- Post-operative appointment 2 weeks from date of surgery
 - Pull the port suture and remove steri-strips
 - Return to office in approximately 4 weeks

- 4-week office visit
 - Range of motion should be near full
 - Return to office in 2 months (sooner if range of motion is poor)

- 2-month office visit
 - Check range of motion
 - Return in 3 months

- 3-month office visit
 - Check range of motion
 - Order ACL knee brace
 - Straight ahead jogging, no pivoting activities
 - Return to office in 6 months

- 6-month office visit
 - Return to activities as tolerated in brace

- Brace for 1 year from the date of surgery

Please call our office if you have any questions: **(912) 644-5331** or **(800) 827-6536**