

FAQ - Knee ACL Reconstruction

Q: When can I shower?

A: The physical therapist will change your dressing the day after your surgery and replace it with a waterproof dressing. You will be able to shower at that time.

Q: When can I begin to put weight on it?

A: You may begin putting weight on the leg immediately after surgery as tolerated provided you are wearing the post operative brace locked in full extension and with the assistance of 2 crutches.

Q: When can I start walking without the crutches and more normally with the brace unlocked?

A: You will be progressed to walking with one crutch first, then no crutches with the brace on over the first 2-4 weeks from the time of surgery with the guidance of your physical therapist and once the following criteria has been met:

1. Full extension of the knee has been achieved
2. Minimal Swelling
3. Good control of thigh muscles for support
4. Unchanged/stable stability tests utilizing KT1000

Q: How far can I bend my knee?

A: During the first 4 weeks from the time of surgery, you will be limited to no greater than 90 degrees of bend which you may progress up to as quickly as tolerate. After 4 weeks you will then be progressed to 120 degrees of bend as tolerated.

Q: When do I start exercising/therapy? When do I start formal therapy?

A: The day after surgery you will begin some very basic exercises to be performed at home 3 time/day to assist in regaining your motion, reduce swelling, and restore muscle control. Formal therapy typically begins within 24-72 hours from time of surgery with the attendance 3 time/week for approximately 8-12 weeks.

Q: When Can I begin to drive?

A: At approximately 1-2 weeks from time of surgery. The Criteria for driving is as follows:

1. Once you are no longer taking the narcotic pain medications during the day.
2. 90 Degrees of bend to ensure ability to transition from the brake to the gas pedal
3. Able to transition to and from brake to gas safely with the ability to apply significant pressure
4. Demonstrated adequate quadriceps strength as determined by therapist and/or physician

Q: When can I go back to work or school?

A: Depending on whether or not light duty/transitional duty is available, you could return as soon as 1-2 weeks. If your occupation requires prolonged standing, walking, squatting? Then as soon as you are able to perform your job specific duties safely.

Q: When will I be able to begin jogging?

A: Approximately 12 weeks from the time of surgery provided strength is no less than 80% of the uninjured side.

Q: When will I be able to return to sports, conditioning and recreations?

A: Depending on the type of activity, you could return by as little as 12 weeks from the time of surgery, typically by 12 weeks if a non-contact sport (i.e. golf) 4-6 months if a contact sport (i.e. football, soccer). The criteria for return to activities is as follows:

1. Strength 80% of uninjured leg

2. Stable KT 1000 test (Machine Stability Testing)
3. No swelling
4. Full Range of Motion
5. Passing agilities test
6. Obtain well fitting custom knee bracing

Q: What Other Links Can You Recommend?

A: For a list of additional links and information please view our [links](#) page.