

Goals

The main aim of this late class is to return you to your preferred sport or activity. This will be different for every patient and may include sprinting, long-distance running, football, rugby or dancing. You may also need to return to physical tasks within your job and your physiotherapist will aim to get you there safely and at the appropriate time.

Patients usually progress from the time of surgery back to activities in **six months** although higher level activities may take up to one year.

Exercises

- **Balance, control and agility** - exercises will include balancing on one leg, hopping side-to-side and jumping hurdles. The exercises will depend on your individual sport varying from ball control to racket sport agility.
- **Strengthening** - the late class will continue to work on regaining full strength and endurance using weights, gym machines and home exercises.
- **Match fitness** will take months to regain and requires dedication to exercising at home, in the gym and attending this class.
- **Impact** - Most activities involve some type of impact whether it is running, jumping in basketball, hopping over opponents in contact sports or direct contact with others.

You will work on impact exercises within the class using the trampette, hurdles and with bench jumps.

Confidence

An important part of your rehabilitation will be regaining the confidence in your knee. Everybody has certain worries about returning to sport but if you follow your consultant's and physiotherapist's advice then you will return to the right activities at the right time.

Completion of the class

Once you have achieved full strength and control in the leg with movements in all directions, your physiotherapist will advise you on returning to training and eventually to full sport participation.

Contact sport is allowed after six months but will vary between each person depending on their progress.

If you have any queries then please call the physiotherapy department on 020 7288 5660

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Anterior cruciate ligament (ACL) rehabilitation

A patient's guide



Early stage anterior cruciate ligament class. This class starts the week following your surgery and continues weekly on every **Tuesday at 8.00am – 9.00 a.m.**

You will attend this class for approximately ten weeks until you have achieved certain levels of strength and movement.

During the weekly classes you will be expected to work towards specific goals to return to your previous level of activity including sports. Each person should be prepared for hard dedicated work to regain full function in their knee.

Attendance policy

Attendance is weekly and this is mandatory. If you are unable to attend then you must call the physiotherapy reception on **020 7288 5660** giving 24 hours notice. If you fail to attend and do not call within five days you will be discharged and will require a second referral from your doctor.

Class one

The Physiotherapist will remove the thick white bandages from around your knee and check how much movement you have at the knee.

Your exercises will be checked to make sure that you are correctly performing the four exercises provided to you whilst in hospital.

You must continue these exercises three times a day.

You will be on crutches and use a brace for two weeks.

Class two - ten

Your exercises will be progressed to ensure you regain full movement in your knee and increase the strength and stability of your operated leg.

Milestones you need to achieve in the early class:

- full range of movement in the knee (able to fully straighten and bend knee)
- 80 per cent strength in operated knee compared to other knee (leg press test)
- hopping in a straight line
- running in a straight line

Running

It is dangerous to return to running before your Physiotherapist has advised you directly that you can do so. The earliest this will be is 10-12 weeks after your surgery.

Your physiotherapist will continually assess you and will progress your exercises until you have the strength and support in your knee to prevent you from causing further injury. **You should not start running again until you are told it is safe to do so.**

Progression to the next class

After approximately ten weeks your physiotherapist will perform specific tests to determine when you are ready to progress to the **Late stage anterior cruciate ligament class**

Up to now you will have been exercising in a straight line without putting rotational stresses to the knee. In this next class you will work together with the physiotherapist to progress your running and sport-specific activities to enable you to return to your previous sports.

Late stage anterior cruciate ligament class.

This class follows on directly from the Early Stage ACL class and runs weekly every **Wednesday at 8.00am – 9.00a.m.** You will attend this class for approximately ten weeks.

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Attendance policy

Initially this class will be weekly but later on your physiotherapist may discuss attending every two -three weeks when you are completing more exercise independently outside the class.

If you are unable to attend then you must call the physiotherapy reception on **020 7288 5660** giving 24 hours notice. If you fail to attend and do not call within five days you will be discharged and require a second referral from your doctor.

