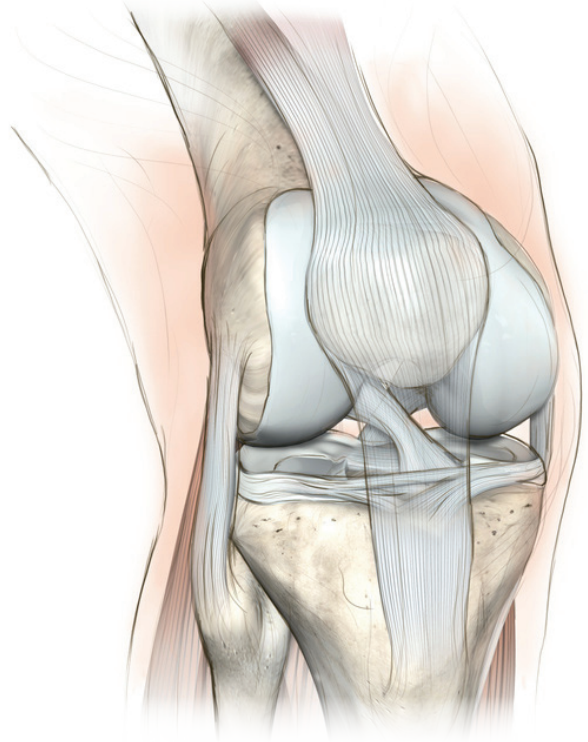


ACL Reconstruction

The anterior cruciate ligament runs from the back of the thigh bone to the front of the shin bone. Its function is to stop the shin sliding forward on the thigh bone. If this ligament is torn the knee will become unstable. It will interfere with your ability to complete activities and may make certain activities impossible. It will also predispose you to further damage to knee, especially to the cartilage, accelerating the onset of joint wear and tear and arthritis.

Anterior cruciate ligament reconstruction surgery involves replacement of torn or damaged ligament using a graft, often harvested from your hamstring or patellar tendon.



The Rehabilitation Period

ACL reconstruction recovery usually takes about eight to nine months. At the end of this period the aim is to:

1. Experience pain-free range of movement
2. Have improved knee stability and function
3. Return to pre-injury level of physical activity

The ultimate success of your surgery depends on a number of factors, but what you do during the recovery period greatly influences the end result. Be guided by your surgeon and physiotherapist.

Whilst at the hospital you will be shown how to use crutches and a few simple exercises. These exercises should be performed as often as possible (preferably every 1-2hrs).

There will be several stages to your recovery with your treatment being progressive in nature and closely monitored by your physiotherapist.

For more information feel free to ask your physiotherapist.

physio
place



Hours: Monday - Thurs: 8am- 7pm, Fri: 8am- 4pm, Sat / Sun: Closed

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