

SPITAL OBERENGADIN
Clinic of
Orthopaedics Traumatology Sports medicine

Post-operation diagram for in-patient physiotherapy after ACL plastic surgery (with semitendinosus/ Gracilis double loop technology)

Time	Main aim	Physiotherapeutic measures
Pre-ops day (if possible)	<ul style="list-style-type: none"> • Brief results • Gait analysis • Setting up of crutches and gait instructions • Respiratory therapy (ATG) 	<ul style="list-style-type: none"> • Brief medical history • Active and passive measurement of joint range of movement • Gait analysis • Setting up and gait instruction of the crutches • Voldyne instruction
Ops day	<ul style="list-style-type: none"> • Kinetek adjustment • Respiratory therapy 	<ul style="list-style-type: none"> • Kinetek adjustment and starting to use (free depending on the symptoms) for 1h
1.postops Day	<ul style="list-style-type: none"> • First mobility with max. ½ body weight* against the crutches • Knee mobility: passive • ↑Blood flow by muscle pump • Innervations training/ Co-contraction of hamstrings & quadriceps 	<ul style="list-style-type: none"> • Mobility (short traction bandages on both sides up to joint cavity) • Passive knee mobility (depending on the symptoms) • Muscle pump using foot mobility • Innervations training: M. quadriceps and m. ischiocrurale • Kinetek: Instruction of the machine (3x/ 1h free, depending on symptoms)
2.postop day	<ul style="list-style-type: none"> • Improved gait • Knee mobility: passive/assistive/active • Innervations training/ Co-contraction of hamstrings & quadriceps • Patella mobility control 	<ul style="list-style-type: none"> • Gait analysis • Mobility: (Op leg: short traction bandage up to joint cavity) • Knee mobility: closed chain • Innervations training: m.quadriceps and m. ischiocrurale • Patella mobility in all directions (with ↓ mobility) • Kinetek: (3x/1h free, s/s rise, depending on symptoms)

From 3 rd Postop day	<ul style="list-style-type: none"> • Improved gait / Stair instructions • Knee mobility: passive/ assistive/ active • Co-contraction of hamstrings & quadriceps • Patella mobility • Kinetek 	<ul style="list-style-type: none"> • Gait analysis • Stairs: high/low, with/without banisters • Co-contraction of hamstring & quadriceps: perform functionally in ADL • Electro stimulation: TENS (with delayed m. quadriceps innervations) • Patella mobility in all directions • Kinetek: (3x/1h free, increase s/s depending on symptoms)

*until a good m. quadriceps innervations is performed or the swelling has subsided.

General: this is insulated ACL plastic surgery post-treatment. Should further intraoperative measures be carried out the post-treatment will be adjusted by the operator (e.g. lat. right meniscus seam).

Acute ACL lesions are quickly and progressively rehabilitated, chronic ACL lesions are on the other hand rehabilitated more slowly. Because this concept is not generally known, both the patient and the post-operation physiotherapist must be made aware of **progressive rehabilitation after reconstruction of an acute ACL lesion.**