

HOURLY HOME PROGRAM – ACL RECONSTRUCTION – WEEK 1

THE EXERCISES DURING THIS 1st WEEK ARE A KEY COMPONENT TO YOUR SUCCESS IN THE REHABILITATION OF YOUR KNEE

NAME: _____ CHART#: _____ DATE: _____

FIRST EVE	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 10 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 10 / hour												
CPM 40 min/hr Slowest speed Ext +6 Flex +50												

Toe touch down weight bearing

DO NOT touch incisions

Brace setting remains at 0 & +90

Use the CPM while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

OPTIONAL:

You can purchase Arnica Montana ointment from a local health food store or department. These natural supplements can help reduce bruising and aching

You may want to use a stool softener to ease constipation that the medications and inactivity may cause.

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NAME: _____ CHART#: _____ DATE: _____

DAY 1	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 20 / hour												
CPM 40 min/hr Slowest speed Ext +6 Flex +60												

Continue touch down weight bearing as tolerated by pain

DO NOT touch incisions

Use the CPM while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

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NAME: _____ CHART#: _____ DATE: _____

DAY 2	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 30 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 30 / hour												
CPM 40 min/hr Slowest speed Ext 0 Flex +70												
Pillow squeezes 10 / hour												
Massage shin, front of knee & thigh 3 times / day												
Rest leg out straight on flat surface 3 times/day												

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use the CPM while awake – you may use it while sleeping if you are able to tolerate it

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

David A. McGuire, M.D. – 4100 Lake Otis Pkwy. #320 – Anchorage, AK 99508 Phone (907) 562-4142 Fax (907) 563-8824

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NAME: _____ CHART#: _____ DATE: _____

DAY 3	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 30 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 30 / hour												
CPM 40 min/hr Slowest speed Ext +0 Flex +80												
Pillow squeezes 10 / hour												
Massage shin, front of knee & thigh 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Rest leg out straight on flat surface 3 times / day												

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff continually for first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Use the CPM while awake – you may use it while sleeping if you are able to tolerate it.

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NAME: _____ CHART#: _____ DATE: _____

DAY 4	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 40 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 40 / hour												
CPM 40 min/hr Slowest speed Ext 0 Flex +90												
Pillow squeezes 10 / hour												
Massage shin, front of knee and thigh 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Begin Passive heel slides 10 / day												

Continue touch-down weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Use CPM without the brace however you **MUST** wear the brace at all other times.

Use CPM while awake – you may use it while sleeping if you are able to tolerate it.

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NAME: _____ CHART#: _____ DATE: _____

DAY 5	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 40 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 40 / hour												
CPM 40min/hr Slowest Speed Ext 0 Flex +100												
Pillow squeezes 10 / hour												
Massage shin, front of knee and thigh 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Begin Passive heel slides 10 / day												

Progress to full weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff intermittently as desired (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.

Use CPM without the brace however you **MUST** wear the brace at all other times.

Use CPM while awake – you may use it while sleeping if you are able to tolerate it.

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NAME: _____ CHART#: _____ DATE: _____

DAY 6	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 40 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 40 / hour												
CPM 40 min/hr Slowest Speed Ext 0 Flex +110												
Pillow squeezes 10 / hour												
Massage shin, front of knee and thigh 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Rest leg out straight on flat surface 5 min - 3 times/day												
Passive heel slides 10 / day												

Continue full weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff intermittently as desired (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Use CPM without the brace however you **MUST** wear the brace at all other times.

Use CPM while awake – you may use it while sleeping if you are able to tolerate it.

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NAME: _____ CHART#: _____ DATE: _____

DAY 7	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 40 / hour												
Toe Points/Flexes 10-15 / hour												
Quad sets 40 / hour												
Pillow squeezes 10 / hour												
Massage shin, front of knee and thigh 3 times / day												
Patella mobilization Push up & down Side to side 3 times / day												
Rest leg out straight on flat surface 5 min - 3 times/day												
Passive heel slides 10 / day with massage												

Continue full weight bearing as tolerated by pain

DO NOT touch incisions while doing massage

Use cold cuff intermittently as desired (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Use CPM without brace however you **MUST** wear the brace at all other times.

Call the CPM rep to arrange for a drop off or pick up @ 230-1813