

THE RYU HURVITZ ORTHOPAEDIC CLINIC

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R.H.O.C. POSTOPERATIVE ACL INSTRUCTIONS

1. Leg lifts are permitted with the brace on. If the brace has been removed for exercises or bathing, please avoid straight leg raising.
2. You may fully weight bear and can go from 2 to 1 crutch as soon as you are comfortable and not limping. You must use at least 1 crutch.
3. If the day of your surgery is considered Day 1, you may shower on Day 4. Remove the bandages but keep the clear shield on during the shower and then reapply the bandages and the cooling pad. Please do not soak the knee in a bath tub or hot tub.
4. You will learn a home program at physical therapy and please do these exercises 4 or 5 times a day for 5 or 10 minutes only. The home program should be done frequently but for a short period of time. You may remove the cooling pad and Ace wrap during your exercises.
5. All pain medications have the ability to diminish appetite and cause constipation. Please be aware of this and use appropriate measures.
6. The cooling pad should be used continuously for the first 2-3 days and then can be removed or used based on your comfort level.
7. Please elevate your leg whenever possible during the first 3-4 days.
8. You may undo the straps on your post-op brace when your leg is supported. If you bear weight, the straps must be fastened snugly.
9. If there is an emergency, please call 805-963-2729.