



Hampshire Hospitals
NHS Foundation Trust

Department of Trauma & Orthopaedic Surgery

Exercises to do after your ACL reconstruction surgery

Information for patients, relatives, and carers

Exercises to do after your ACL reconstruction surgery

Complete these exercises three to four times a day from the day of your operation.

1. Static quads with a small towel

- Lie down on your bed.
- Sitting with your leg straight out in front of you, place a small rolled-up towel underneath your knee.
- Pull your toes towards you, push your knee firmly down onto the towel, and bring your heel off the bed.



Hold for five seconds. Repeat 10 times, three to four times a day.

2. Static quads with a larger towel

- Sitting with your leg straight out in front of you, place a large rolled-up towel underneath your knee.
- Pull your toes towards you, push your knee firmly down onto the towel, and bring your heel off the bed.



Hold for five seconds. Repeat 10 times, three to four times a day.

3. Straight leg raise

- Sitting with your leg straight out in front of you, place a large rolled-up towel underneath your knee.
- Pull your toes towards you, push your knee firmly down onto the towel, and bring your heel off the bed.



Hold for five seconds. Repeat 10 times, three to four times a day.

4. Heel presses

- Sit with your knee slightly bent. Bring your knees up towards your head.
- Gently press your heel into the bed.

Hold for five seconds. Repeat 10 times, three to four times a day.



5. Leg curl

- Turn over to lie on your tummy. Try not to arch your lower back.
- Keep your foot at a 90° angle as shown opposite.
- Pull your heel towards your bottom as far as feels comfortable. Squeeze your buttocks while completing this exercise.

Hold for five seconds. Repeat 10 times, three to four times a day.



6. Leg lift off

- Remain lying on your front. Try not to arch your lower back.
- Keeping your leg straight, lift it off the bed. Squeeze your buttock muscles while doing this exercise.

Hold for five seconds. Repeat 10 times, three to four times a day.



7. Weight transfer

- Stand with your feet hip-width apart.
- Slowly transfer your weight from your left leg to your right.
- Aim to keep your knee straight when placing weight onto it, and your body upright.

Repeat 10 times, three to four times a day.



8. Heel raises

- Stand with your feet hip-width apart.
- Slowly rise up onto the balls of your feet.
- Hold for two seconds, then slowly lower your heels back down to the ground.

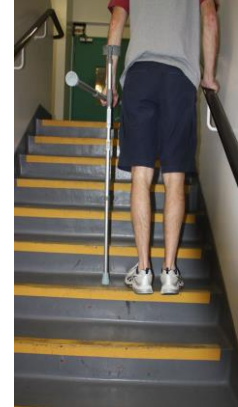
Repeat 10 times, three to four times a day.



Stairs

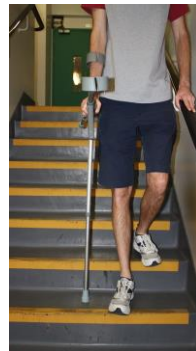
Going upstairs

- Use one crutch as normal, keeping it in contact with the floor. Use the same hand to grasp the second crutch in a T shape. Hold onto the stair rail (banister) with your other hand.
- Place the foot of your good (non-operated) leg onto the step above.
- Bring your bad (operated) leg up to join it.
- Then bring your crutches on to the same step as your feet.
- Repeat until you reach the top.



Going downstairs

- Use one crutch as normal, keeping it in contact with the floor. Use the same hand to grasp the second crutch in a T shape. Hold onto the stair rail (banister) with your other hand.
- Place your crutch onto the step below.
- Place the foot of your bad (operated) leg onto the step below.
- Bring your good (non-operated) leg down to join it.
- Repeat until you reach the bottom.



Contact us

If you have any questions, problems or need advice once you are at home, please do not hesitate to contact us

Basingstoke and North Hampshire Hospital

- Orthopaedic Ward (D5):
Switchboard: [01256 473202](tel:01256473202), then ask for the Elective Orthopaedic Ward
- Orthopaedic Therapy Services (occupational therapy and physiotherapy)
Telephone: [01256 313205](tel:01256313205)
- Physiotherapy Outpatient Department
Telephone: [01256 314707](tel:01256314707)
- Email: oefujointreplacementclinic@hhft.nhs.uk

Royal Hampshire County Hospital

- Elective Orthopaedic Ward
Switchboard: [01962 863535](tel:01962863535), then ask for the Elective Orthopaedic Ward
- Orthopaedic Therapy Services (occupational therapy and physiotherapy)
Telephone: [01962 825670](tel:01962825670)
- Physiotherapy Outpatient Department
Telephone: [01962 824818](tel:01962824818)
- Email: oefujointreplacementclinic@hhft.nhs.uk

Alton Community Hospital

- Physiotherapy Outpatients
Telephone: [02382 310383](tel:02382310383)
- Email: Therapy.ServicesAlton@hhft.nhs.uk

Your feedback is important to us

Comments, concerns, compliments, and complaints

If you have any comments, concerns, compliments, or complaints about your care, please let us know as soon as possible. Please speak to the nurse in charge, ward sister or matron so that we can help to resolve your concerns quickly.

PALS and complaints

You can contact the PALS and complaints team by telephone on [01256 486766](tel:01256486766) or via email at PALSandcomplaints@hhft.nhs.uk

This booklet is available in other formats, including large print and Easy Read, from the PALS team.

www.hampshirehospitals.nhs.uk