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Anterior Cruciate Ligament Tear (ACL KNEE)

Surgery:

- 1.5-2 Hours Long
- Same Day Surgery
- Anesthesia may offer & recommend a nerve block for pain control

Surgical Goals:

- Rebuild ACL to provide knee stability
- Evaluate Meniscus/Cartilage Damage (treat if necessary)
- Decrease Pain/Improve Function

General Timeline After Surgery:

- 0-1 week Post-Op: Partial weight bearing with crutches. In immobilizer brace at all times with ambulation. Okay to come out of brace while sitting/lying down. Work on getting back full extension as soon as possible
- 1-6 weeks Post-Op: Advance to full range of motion. Weight bear as tolerated, using crutches/brace until 4 weeks post-op.
 - **Start formal Physical Therapy 2 weeks after surgery date**
(Find a physical therapist that's close to home and covered by insurance)
- 6-12 weeks Post-Op: Full weight bearing. Full range of motion. Increase balance and strength exercises with therapy. Can start straight ahead jogging at 2-3 months post-op.
- 3-6 months Post-Op: Continue to focus on strength and balance exercises. May add in light agility or sport specific drills. No contact sports.
- 6-9 months Post-Op: Gradual return to contact and pivoting sports. Perform maintenance program for strength and endurance.

Changes to timeline may occur if cartilage or meniscus work is performed during surgery

- **Typical Post-Op Appointments: 2 weeks, 3 months, 6 months, and 1 year out from surgery date**

University of Utah Orthopaedic Center (Adult): 801-587-7109

Primary Children's Hospital (Pediatrics): 801-662-5600