

## Rehabilitation after an ACL reconstruction (semitendinosus) Implantation successful and stable under strain

- Day of surgery
- Ice is applied to the local area immediately after the operation
  - Keep the knee stretched
  - Take tablets to reduce inflammation for several days
  - Take painkillers if necessary (e.g. Tramal/Valoron)
  - 1 injection daily to prevent thrombosis (until full weight bearing)

- Day 1-2
- Redon drain is removed and bandage is changed
  - Ice is applied to the local area for 20 minutes, several times per day
  - Actively raise the leg whilst fully extended to a 0° position
  - Stand up and train your leg to walk again with a partial load of approx. 20kg
  - X-ray inspections
  - Continuous passive motion machine

- After day 3
- Week 1 objectives:**  
**Be able to physiologically put weight onto the leg using crutches, active S/B 0-0-90, avoid swelling**
- Increase the weight put on the leg, controlled walking
  - If the gait pattern is correct, the patient is allowed to walk without crutches
  - Increase the amount of times the knee is bent both passively and actively up to the threshold of pain
  - Intensive physiotherapy sessions (2-5 times per week)
  - Ice is applied to the local area for 20 minutes, several times per day
  - Climb stairs without crutches if muscles are stable
  - Stitches are removed on day 10, DonJoy splint

- After day 14
- Week 2 objectives:**  
**Be able to physiologically put weight onto the leg without crutches, active S/B 0-0-90, avoid swelling!**
- Be able to freely increase mobility without inducing pain
  - Front crawl and finswimming; aqua-jogging (if necessary)
  - Light cycling on an ergometer bike

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Consultation hours

Mon-Fri

8am-12pm

Mon, Tues, Wed, Fri

3pm-5pm

Sat

10am-12pm

Appointment by  
 arrangement

Emergencies and accidents  
 that happened at work,  
 school and whilst  
 commuting

8am-6pm non-stop

.....  
 Sport-related injuries

Inpatient and outpatient  
 surgery

Knee osteoarthritis  
 ● Cruciate ligament  
 ● Meniscus  
 ● Cartilage  
 ● Joint replacement

Shoulders  
 ● Stabilising  
 ● Rotator cuff  
 ● Impingement

Hips  
 ● Joint replacement

Elbows

Ankle joints

Fractured extremities

Hand and foot surgery

Accidents at work, school  
 and whilst commuting

6 weeks

**Check-up at the clinic**

**Week 6 objectives:**

**The patient can comfortably put weight on the leg with it being completely stretched and they can almost fully bend the knee**

- Knee joint is not irritated and can be freely and actively stretched
- It is possible that ability to bend the knee could be reduced by up to 10°
- Full weight is put on the leg with a physiological gait pattern
- Perform increasingly more strength-endurance training and neuromuscular coordination exercises
- It is possible to go cycling and inline skating
- The patient should already be able to work

4 months

**Check-up at the clinic (arrange an appointment)**

**Week 16 objectives:**

**Knee joint is normal, being both stable and mobile on each side; muscles have been retrained; coordination is good**

- Running/jogging (possible 14 weeks post-op)
- Light training in a specific type of no-contact sport
- e.g. throwing/catching/dribbling; light kicking practice/jumping and throwing
- Increase the amount of neuromuscular coordination training performed in competitive circumstances (after 5 months)

6-12 months

**Check-up at the clinic (arrange an appointment)**

- Increase the strain put on the joint if stability is good and muscles and coordination are balanced
- Train in a specific type of sport
- Participate in competitive sport

**Check-up at the clinic (one year post-op)**

If the patient has suffered any additional injuries and/or undergone additional surgical procedures\*, the rehabilitation will take place according to the schedule specified in the patient's individual operation report!

\*meniscal suturing and fixation

\*bone and cartilage injuries

\*torn medial collateral ligament or lateral collateral ligament

\*revision surgery (depending on intraoperative fixation)

\*posterior cruciate ligament injury

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