



Information for
patients and
carers

Initial post-operative Anterior Cruciate Ligament reconstruction exercises

All exercises can be completed with both legs

Ankle Pumps

Whilst lying down bring your toes towards you and then point them towards the end of the bed.

Repeat 8-12 repetitions and complete them every hour.



Static Bottom/Thigh

Whilst lying down squeeze your bottom muscles and your thigh muscles at the same time and hold for 5-10 secs.

Repeat 8-12 repetitions and complete them every hour.



Inner Range Thigh

Whilst lying down with a pillow or towel placed under your heel or knee, squeeze your thigh muscles and hold for 5-10 secs.

Repeat 8-12 repetitions and complete them every hour.



Knee Slides

Slide your heel along the bed towards your bottom. Straighten your leg.

Repeat 8-12 repetitions and complete them every hour.



Straight Leg Raise

Whilst lying down with your legs straight. Pull your toes up towards you, straighten the knee and lift your leg off the bed.

Repeat 8-12 repetitions and complete them every hour.

DO not be concerned if you cannot raise your leg off the bed straight away - keep persisting with exercise



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Hamstring Curl

Lie on your stomach and bring your heel towards your bottom and then back down straight again.

Repeat 8-12 repetitions and complete them every hour.



Knee Extension

In a sitting position bend your knee as much as you can tolerate and hold for 5-10 secs, then straighten your knee to approximately 45 degrees (half way to being a straight leg with your heel about 10cm off the floor). Your leg should go to, but not past the dotted line as shown.

Repeat 8-12 repetitions and complete them every hour.



If any of the exercises detailed above are causing you extreme pain or you are unable to complete them, then please contact/liaise with your Physiotherapist who you are seeing.

Contact details

Should you require further advice or information please contact:

Leyland Ward - Chorley Hospital:

01257 245746

Chorley Physiotherapy Outpatients Department:

01257 245755

Royal Preston Physiotherapy Outpatients Department:

01772 522376

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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