**ACL Avulsion repair**

*Patient and therapist information sheet*

**Procedure details:**  Arthroscopic surgery to repair the native Anterior Cruciate Ligament (ACL) back to its original position and tension. This involves arthroscopic surgery to place the piece of bone back, if not a little lower than originally positioned to restore the tension and function of the ACL that has been stretched during the injury.

**Goals of treatment:** To improve knee stability and function with reconstructing normal anatomy to the knee and assist in rehabilitation to prevent further knee injuries. Prevention of meniscal tears, instability and arthritis that would continue with an unstable knee. Allowing the ACL to heal, whilst focussing on specific exercises to improve strength, coordination and function of the knee and supporting structures are the main aims of rehabilitation. We want the bone attached to the ACL that has pulled off to heal back in position and the knee to continue to grow as normal without a growth arrest.

*\*\*If meniscal or cartilage damage has occurred Dr Drynan will advise to change protocol\*\**

|  |  |  |  |
| --- | --- | --- | --- |
| **Phase** | **Time (Weeks)** | **Restrictions** | **Exercises** |
| **1**  **Rest and ROM** | 0-6 | No open chain exercises, no kicking, running or sports other than physio directed rehabilitation | Aim is to let knee settle, increase range of motion  Rest, massage, compression, ice as needed  Foot supported (closed chain) range of motion  Quads activation and controlling exercises |
| **2**  **ROM and strength** | 6-12 | No running, no stepping or sports. | Quads strengthening, cycling, rowing, squats, return to guided gym exercises. |
| **3**  **Strength and balance** | 3- 5 months | Start running at 3 months, no stepping or sports | Abductor strengthening balance exercises  Quads and hams strength  Running, cycling, rowing, squats, presses |
| **4 Balance and sports training** | 5-8 months | Likely have button removed from knee between 3-5 months. | Sport specific training  FIFA 11+ warm up protocol  Abductor strengthening  Education on prevention – jumping mechanics  Sports clearance with single leg jump, comparison strength testing |
| **5 Sports ready and prevention** | 8 months 🡪 | XR of the knee to assess growth and alignment. | FIFA 11+ warm up protocol  Continue with strength work and improved jumping mechanics |