

Preparing for your ACL Reconstruction

About the Procedure:

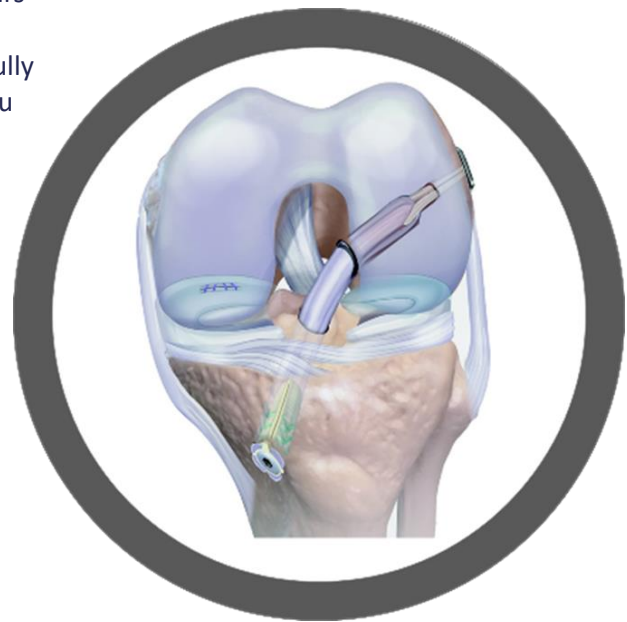
-ACL Reconstruction using hamstring autograft:

- We harvest two of your own hamstring tendons which create the new ACL graft
- This graft will be fixed with a bioabsorbable tibial screw and a metal femoral button (as shown in picture)
- Anesthesia will be a local block with sedation. This means you will be asleep for the entire case and your leg will be asleep for a few hours after surgery.
- Surgery is anticipated to take about 2 hours. Expect to be at the Tully Surgical Center for a total of 6-8 hours for pre-op and recovery. You will need a ride home.

What to Expect After Surgery:

- ❖ You will use your ACL brace and crutches for about 4-6 weeks
- ❖ Day 0-2: rest, ice, elevation, pain control, ROM 0-90
- ❖ Day 2-14: begin PT at Day 2-3
 - Day 10-14 = 1st post-op visit for suture removal
- ❖ Weeks 2-6: PT for ROM and quad activation
 - Week 6 = 2nd post-op appt to transition out of brace
- ❖ Weeks 6-14: PT continue strength and leg control
 - Week 12: 3rd post-op appt to possibly clear to run
- ❖ Months 3-6: transition PT to home exercises, goal to run pain free
 - Month 6 post-op: 4th post-op to advance agility
- ❖ Months 6-9: achieve full strength/flexibility, advance plyometrics
- ❖ Months 9-12: clearance for return to sport

(These are our generic guidelines. Each plan will be individualized per patient.)



A. Animated ACL reconstruction using hamstring autograft

About Dr. Karen Sutton, MD

- Dr. Sutton is a board-certified sports medicine surgeon and Associate Attending at Hospital for Special Surgery. She has extensive expertise in ACL reconstruction. A few of her published articles are listed below:
 - Wu J, Seon JK, Gadikota H, Hosseini A, Sutton K, Gill TJ, Li G: In-situ forces in the anteromedial and posterolateral bundles of the anterior cruciate ligament under simulated functional loading conditions. *Am J Sports Med* 2010; 38(3): 558-63.
 - Sutton KM, Bullock J: Anterior cruciate ligament rupture: differences between males and females. *J Am Acad Orthop Surg* 2013; 21(1): 41-50.
- Head Team Physician for US Women's Lacrosse Team
- Team Physician for the US Ski & Snowboard Team
- During her fellowship at Massachusetts General Hospital/Harvard School of Medicine, she assisted in orthopedic care of the Boston Red Sox and the Boston Bruins