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.)

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:
- 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

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