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INSTRUCTIONS FOR FAMILY PHYSICIAN POST-OP ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Re: _____

This patient had an arthroscopically aided anterior cruciate reconstruction on _____. Post-operatively the patient can fully weight bear as tolerated, using crutches for support until there is quadriceps control. I would appreciate it if you could help facilitate physiotherapy to start approximately one week post-operatively to decrease swelling and work on range of motion. Physiotherapy should also start some quadriceps exercises using a closed chain program.

If the physiotherapists have any questions, they can phone my office or check our web site for a copy of our ACL rehab guidelines.

As far as the range of motion goes, expectation is that by four weeks the patient has at least 100 degrees of knee motion. Hopefully, the range of motion will return to essentially normal by six to eight weeks.

With regards to the incision, I have asked the patient to see you to check this at approximately one week. I have used a subcuticular stitch for the skin closure. There is a longitudinal steri-strip at the end of the incision, that is over the top of the protruding end of the 3.0 Monocryl. At approximately one week this longitudinal steri-strip can be removed, and the suture cut at the skin level. I usually leave the remainder of the steri-strips in place to take some tension off the skin edges, to hopefully keep the scar narrower.

I have asked the patient to return to the office to see me at approximately six to eight weeks to be sure things are progressing appropriately. If there are problems before then please let me know.

If there are any questions, please do not hesitate to contact my office at (604) 526-7885 or fax (604) 525-4006

Yours truly,

Robert G. McCormack, M.D.

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ACL FAMILY PHYSICIAN POST-OP INSTRUCTIONS