

## FAQS Anterior Cruciate Ligament(ACL) Reconstruction

### Why do I need ACL Reconstruction?

The ACL has ruptured (broken).

When the ACL is no longer functioning, then the knee joint is often unstable, especially for stopping or pivoting movements at speed which in turn can also lead to further injuries of other internal structures of the knee joint.

### How long will I be in hospital for?

Usually overnight only.

### Will I need a knee brace?

A brace is not needed. You will have small waterproof dressing on the knee and use crutches for 1-2 weeks.

### Will I need physiotherapy?

Yes. Physiotherapy will begin on the morning after ACL reconstruction and will continue in the following few weeks. Your Physiotherapist will give you a detailed plan of exercises to do.

### When can I go back to work?

If your job is office based or relatively light, you will get back to work at 2-3 weeks in a limited manner. If you have heavier work or stand up to work, you will be back at work at more like 6-8 weeks depending on the specific demands of the work.

### When can I get back to sport?

Level, controlled jogging can commence at 3-4 months after ACL reconstruction.

Change of direction sports are optimally recommenced at least 6-9 months following ACL reconstruction to allow maturation of the new ligament structure. This is why a full season of these sports is usually missed after ACL injury.