JAYAM
JOINT PRESERVATION CENTRE

ACL-R REHAB PROGRAMME



PHASE I REHAB GUIDELINES

POST OP CARE

Essential steps in the first few days after surgery to reduce pain, protect your knee, and begin healing.

01 PHASE I

Focus on pain control, swelling reduction, and starting gentle movement to restore knee extension.

02 PHASE II

Improve knee range of motion, begin basic strengthening, and restore a normal walking pattern.

03 PHASE III

Advance strength, balance, and coordination to prepare for more dynamic movement.

04 PHASE IV

Advance to sport-specific training, agility drills, and prepare for return to sports.

ON YOUR TRACK TO RECOVERY

PHASE I REHAB GUIDELINES

After knee surgery, you may not feel like moving your knee — but it's very important.

Keeping knee motion and achieving full leg extension (straightness) is crucial for recovery.

Phase 1 rehab consists of two sets of exercises
1.Mobility exercises - to help in movement
2.Strengthening exercises - to strengthen leg & hip muscles

WHEN TO START	**THIS REHAB PROGRAM STARTS THE DAY AFTER SURGERY AND GENERALLY LASTS AROUND TWO WEEKS, BUT PROGRESSION DEPENDS ON ACHIEVING CLINICAL GOALS, NOT FIXED TIMELINES.**
GOALS	🎯 **MINIMIZE PAIN** 🎯 **REDUCE SWELLING** 🎯 **GOOD QUADRICEPS CONTROL** 🎯 **ACHIEVE FULL EXTENSION (KNEE STRAIGHTNESS).** 🎯 **FLEXION 0 – 90 DEGREES**
WALK AIDS	**USE FUNCTIONAL BRACE WHILE WALKING** **USE CRUTCHES WHILE WALKING** **WEIGHT BEARING AS TOLERATED(WBAT)/ PARTIAL WEIGHT BEARING**

MOBILITY EXERCISES

1.KNEE EXTENSION



- Lie down on the bed in supine position
- Keep a folded towel under the ankle to keep knee straight fully.

Perform this for 30 minutes per day

2.HEEL SLIDES



- Lie down on your back (face up) on the bed.
- Wrap a towel around your ankle.
- Gently pull the towel to bend your knee as much as you can.
- Stop when you feel pain — don't force it.
- Try to improve the bend little by little each day, aiming to reach 90 degrees over time.

Repeat 10 times, 3 times a day.

3.ANKLE PUMPS



- Lie down or sit with your leg straight and a towel under your ankle.
- Move your foot up and down like pressing a gas pedal.

Repeat 10 times, 3 times a day.

MOBILITY EXERCISES

4.SEATED PASSIVE-ASSISTED KNEE MOTION



- Sit in a chair.
- Place the foot of your non-surgery leg under your surgery leg, just behind the heel.
- Gently lift your surgery leg using the good leg, keeping the surgery leg relaxed.
- Straighten it fully, then slowly lower it back down.
- Next, place the non-surgery leg on top of the surgery leg and gently bend the surgery knee as much as you can.

Repeat 10 times, 3 times a day.

5.PATELLAR MOBILISATION



- Make sure your surgery knee is straight and relaxed.
- Use your thumb and index finger to feel the edges of your kneecap.
- Gently move the kneecap side to side and up and down.

Repeat 10 times, 3 times a day.

STRENGTHENING EXERCISES

1.QUAD SET



This exercise helps strengthen your quadriceps (thigh muscles).

- Lie on your back with your legs straight.
- Place a rolled towel under your surgery knee.
- Tighten your thigh muscle to push the knee down into the towel.
- Hold for 3 seconds, then relax.
- Do 10 times, 3 times a day.

Repeat 10 times, 3 times a day.

2.STRAIGHT LEG RAISE



- Lie on your back with both legs straight.
- Keep your normal leg slightly bent.
- Lift your surgery leg straight up without bending the knee.
- Raise it as high as you can, hold for 2 seconds, then slowly lower it.
- In the initial days, you can use assistance to help lift and support your leg.
- Once stronger, try lifting it on your own.

Repeat 10 times, 3 times a day.

STRENGTHENING EXERCISES

3.PRONE HAMSTRING



- Lie on your stomach (prone position).
- Slowly bend your surgery knee, bringing your foot up toward the ceiling.
- Bend only until you feel pain — don't force it.
- Try to gradually increase the bend over time, aiming for 90 degrees.

Repeat 10 times, 3 times a day.

4.PRONE HIP EXTENSION



- Lie on your stomach with both legs straight.
- Lift your surgery leg off the bed without bending the knee.
- Raise it as high as you can, hold for 2 seconds, then slowly lower it.

Repeat 10 times, 3 times a day.

STRENGTHENING EXERCISES

5.SIDE HIP ABDUCTION



- Lie on your side with your surgery leg above the normal leg
- Keep your surgery leg straight
- Bend your non-surgery leg and place its foot in front of your lower knee.
- Slowly lift your surgery leg upward, then lower it back down.

Repeat 10 times, 3 times a day.

🔑 RECOVERY TIPS FOR BEST RESULTS

- Do the exercises regularly and consistently every day.
- Don’t skip — small daily effort leads to big recovery.
- Use the QR code provided to watch video demonstrations of each exercise.



FOR QUERIES CONTACT - Dr.Aravind Ravichandran
7010893812

PHASE I REHAB FOLLOWUP

POSTOP DAY 1 MOBILITY EXERCISES CHECKBOX ☐	POSTOP DAY 2 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 3 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 4 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 5 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐
POSTOP DAY 6 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 7 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 8 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 9 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 10 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐
POSTOP DAY 11 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 12 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 13 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	POSTOP DAY 14 MOBILITY & STRENGTHENING EXERCISES CHECKBOX ☐	

NEXT REVIEW DATE ON .....