

Orthopaedics – Anterior Cruciate Ligament Reconstruction

Introduction

The Covid pandemic has significantly impacted on the NHS ability to deliver planned elective care to patients. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Anterior cruciate ligament (ACL) injury is a common injury usually affecting young and active individuals. The aim of treatment is to restore functional stability of the knee joint.

The prime indication or reason for surgical ACL reconstruction is symptomatic instability, not all ACL tears require surgery.

Guidance for Patients

All patients being considered for surgery should be offered prehabilitation to recover knee movement and quadriceps strength.

Surgery, if considered, is usually performed when the knee is “quiet” with no swelling and a full range of movement, particularly straightening, has been restored. Therefore it is vital to continue with prehabilitation exercises whilst waiting for surgery. Your surgeon may have advised that participation in certain pivoting sports or activities are forbidden, until the operation and rehab is completed.

What should I do if my health is deteriorating?

If your health is deteriorating whilst you are waiting for surgery, particularly a loss of movement in the knee or acute mechanical or locking symptoms, please make contact with the secretary of the Consultant who is treating you.

Please also be mindful of aspects of your general health, or other medical conditions, deteriorating which may impact on your fitness for surgery. If this is the case please contact your General Practitioner so that your general health can be optimised appropriately.

My Planned Care Patient Information Platform

If your mental health is affected and you are feeling low or anxious it is important to seek help and support from your GP, family and/or friends. There are also helplines and websites which can offer support if you don't feel able to talk to someone.

Contact Us

Please contact us via your named consultant's secretary. Details of this should be accessible on correspondence you have received or contact switch board on 01228 523444.