

## Orthopaedics – Anterior Cruciate Ligament Reconstruction (ACL repair)

### Introduction

While you are waiting for surgery, there are some things you can do to prepare and to keep yourself as healthy as possible.

You can find more information about anterior cruciate ligament reconstruction, including some basic exercises on our website.

<https://www.roh.nhs.uk/patient-information/knees/1267-acl-anterior-cruciate-ligament-reconstruction-1/file>

### Guidance for Patients

There are three main things you can keep in mind:

1. Keep as active as possible – keeping your knee moving and the muscles strong helps reduce stiffness and prevents muscle weakness. Even at this stage, you can improve and now is a good time to practise the exercises that you will restart after the operation to strengthen your knee.
2. Keep on managing your body weight –being overweight contributes to joint pain. Do your best to watch what you eat and manage your portion sizes.
3. Keep on top of any other health problems – it can be harder to cope with an unstable knee if you have other health problems, so make sure you are managing these other problems as well as you can.

### What should I do if my health is deteriorating?

If any other health problems are getting worse, we would suggest you make an appointment to see your GP so that these problems can be addressed prior to your surgery.

If you feel your pain is getting worse or your ability to do day-to-day tasks is deteriorating, please contact your surgical team and let them know about what is going on. They may want to re-assess options with you and may be able to offer advice.

### Contact Us

Individual orthopaedic surgeons contact details can be found on the link below.

<https://roh.nhs.uk/about-us/our-team/category/large-joints>

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