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ACL BRACE PROTOCOL (Post ACL surgery)

Postoperative Brace

- Patients will be placed into a postoperative range of motion brace, locked in full extension for weight-bearing for 6 weeks.
- The range of motion brace may be unlocked for gait at 6 weeks (open 10° greater than active ROM).
- The brace can be loosened or removed if laying down or seated (non-weight bearing).
- To shower after the bandages are removed, it is recommended that a shower seat be used. Once seated in the shower chair, the brace is removed to shower. When done showering and drying, the brace should be put back on before getting up and out of shower.

After 6 Weeks

- A hinged knee brace should be worn for the 6-12 weeks post-op. Either the post-op brace can be unlocked to ambulate or a hinged neoprene sleeve can be used.

After 12 weeks

- A neoprene sleeve should be worn for prolong standing, walking or any sporting activity until 4 months post-op.
- When sedentary, no brace has to be worn.

ACL Brace (6 mos - 1 year)

- After 6 months, the brace may be discontinued for all activities of daily living, **but** must be worn for any activities involving sports with cutting, running on uneven surfaces.
- The type of brace will be determined by activity or type or sport.

After One Year

- Would recommend wearing a neoprene sleeve or sport ACL brace when playing any sport.