



MARC E. RANKIN, M.D.

## POST OPERATIVE COURSE

### GOALS

- 1<sup>st</sup> week post op; pain management and wound care
- 2<sup>nd</sup> thru 6<sup>th</sup> weeks; gait training to functional independence
- 8<sup>th</sup> thru 12<sup>th</sup> weeks; strength and endurance building



## SUMMIT ORTHOPEDICS

Congratulations on completing your surgery, the first step in your treatment plan is complete. The next steps in your recovery are equally important for a successful outcome. In the left margin you see our general outline for your post-operative course. This is a general outline to provide you with an estimate of what your benchmarks will be for the coming weeks. I will be with you every step of the way to ensure a successful outcome. In the following pages are instructions for your immediate post-operative care and follow up visit.

Sincerely,

Marc E. Rankin, M.D.

ACL Reconstruction Protocol Post-Op Instructions