

Postop ACL Reconstruction Brace Guidelines

The following are guidelines for the brace of an individual who had underwent an ACL reconstruction. If there are any questions concerning the rehabilitation, please don't hesitate to call our office.

- The brace is to be worn locked in extension for sleep for the first one week.
- You may take the brace off to use in the CPM and for Physical Therapy.
- The brace should be locked at zero degrees extension for walking until you demonstrate good quadriceps strength (usually 2 weeks).
- Your brace should be unlocked for walking at approximately 2 weeks.
- Most patients will wear the brace for 4-6 weeks.
- You may require a sports-specific brace once you return to full activity.