



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

ACL BRACE PROTOCOL (Post ACL surgery)

Last Modified: Oct 2012

Postoperative Brace

- Patients will be placed into a postoperative range of motion brace, locked in full extension.
- The range of motion brace may be unlocked for gait at 10-14 days (open 10 degrees greater than active ROM). The patient should be instructed on locking their brace out in full extension at night during sleep for the first 6 weeks to discourage flexion contracture.
- The patient will remain in this brace at all times, except when in therapy, or until the Don-Joy brace is given to them by orthopedics.

Functional Don-Joy Brace

- The patient will be measured for functional brace:
 - Preoperatively, if there is no significant swelling or quadriceps atrophy.
 - Postoperatively, at 8 weeks.
- Brace will be available in approximately 4 weeks.
- The functional brace may be worn no earlier than 6 weeks postoperatively.
- The patient must wear a brace at all times for the first 4 months after surgery.
- 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.
- Athletes involved in contact sports should wear the functional brace indefinitely.

Jason K. Lowry, MD