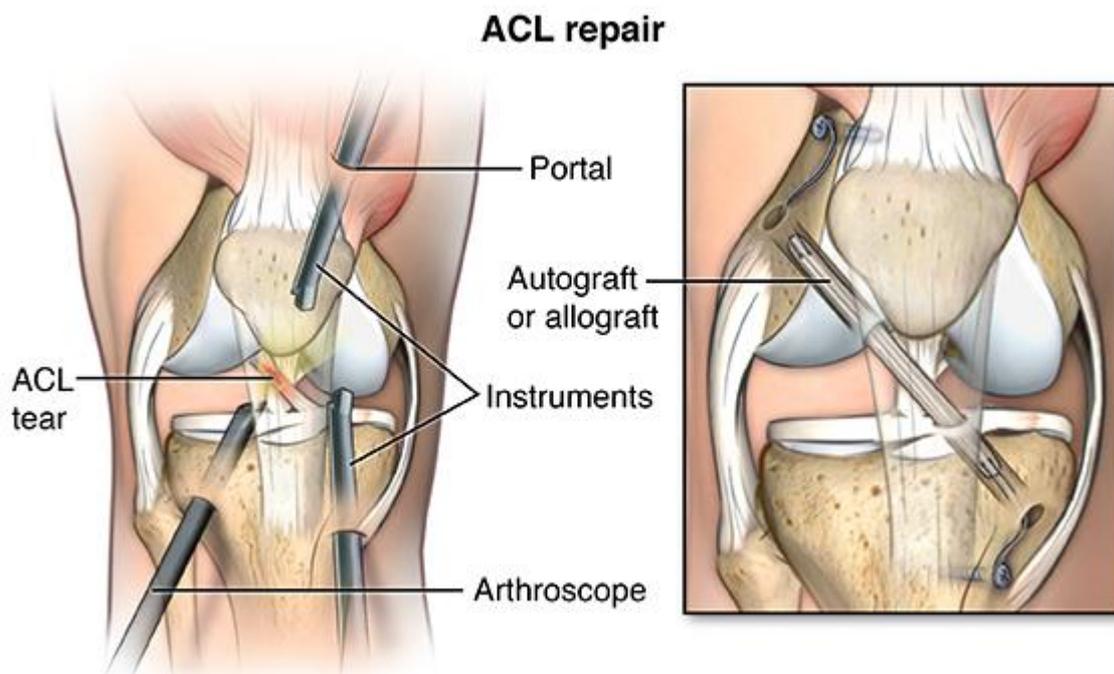


Knee Ligament Surgery



This leaflet provides information about knee ligament surgery, what it involves, and what to expect during recovery. It is intended as a general guide. Your surgeon or physiotherapist may give you specific advice based on your individual condition.

What are knee ligaments?

Knee ligaments are strong bands of tissue that connect the bones of the knee joint and provide stability. The main knee ligaments are:

- **Anterior Cruciate Ligament (ACL)**
- **Posterior Cruciate Ligament (PCL)**
- **Medial Collateral Ligament (MCL)**
- **Lateral Collateral Ligament (LCL)**

Injury to one or more of these ligaments can cause pain, swelling, instability, and difficulty with daily activities or sports.

Why is knee ligament surgery needed?

Surgery may be recommended if:

- The knee feels unstable or gives way
- Symptoms do not improve with physiotherapy and rehabilitation
- You wish to return to high-level sport or physically demanding work
- There is damage to more than one ligament or other knee structures (e.g. meniscus)

Not all ligament injuries need surgery. Many people improve with rehabilitation alone.

What does knee ligament surgery involve?

- Surgery is usually performed using **keyhole (arthroscopic) techniques**
- The damaged ligament may be **reconstructed** using a graft (tissue taken from your own tendon or from a donor)
- The operation is usually done under **general or spinal anaesthetic**

Your surgeon will explain which ligament is being treated and the type of graft used.

After surgery – what to expect

Pain and swelling

- Pain and swelling are common in the first few weeks
- You may be given pain relief and advised to use ice and elevation

Mobility

- You may need **crutches** for a short period
- A knee brace may be provided in some cases

Wound care

- Keep wounds clean and dry
- Follow advice on dressing changes and bathing

Rehabilitation and physiotherapy

Physiotherapy is a vital part of recovery and usually starts soon after surgery. It helps to:

- Reduce pain and swelling
- Restore movement and strength
- Improve balance and stability
- Support a safe return to work, sport, and daily activities

Rehabilitation can take **6–12 months**, depending on the ligament involved and your goals.

Returning to work and sport

- **Desk-based work:** usually within a few weeks
- **Manual or physically demanding work:** may take several months
- **Sport:** return is gradual and guided by your physiotherapist and surgeon

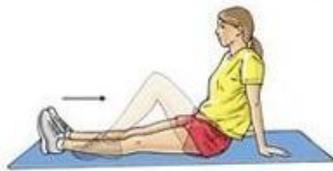
Do not rush recovery, as this increases the risk of re-injury.

Possible risks and complications

All surgery carries some risks, including:

- Infection
- Blood clots
- Stiffness or ongoing pain
- Graft failure or re-injury

Your surgical team will discuss these risks with you in detail.



Heel slide



Quad Sets



Passive knee extension



Wall squat with a ball



Balance and reach exercise A



Balance and reach exercise B

When to seek medical advice

Contact your healthcare provider if you experience:

- Increasing pain, redness, or swelling
- Fever or wound discharge
- Sudden calf pain or shortness of breath
- The knee giving way repeatedly

Key points to remember

- Not all knee ligament injuries require surgery
- Physiotherapy is essential for recovery
- Full recovery takes time and commitment
- Follow your rehabilitation plan closely

If you have any concerns or questions, please speak to your surgeon or physiotherapist.