



# HEALTH

## UNIVERSITY OF UTAH

**Dr. Robert T. Burks, MD**  
University Orthopedic Center

### Anterior Cruciate Ligament (ACL) Reconstruction

#### Surgery:

- 1.5—2 Hours Long
- Outpatient Surgery
- Anesthesia will offer a local nerve block to help with pain control, and may also consider alternatives to narcotics for pain control

#### Surgical Goals:

- Reconstruct the ACL to return stability to the knee for athletic activity. Depending on patient preference, donor tissue and/or your own tissue will be utilized to construct the new graft.
- Examine cartilage within the knee, repairing or resecting as needed

#### General Timeline After Surgery:

- **0-1 week Post Op:** Weight bear as tolerated using crutches. An immobilizer will be utilized for protection and to maintain extension of the knee while you sleep. Range of motion to 90 degrees while seated. Staff will provide weight bearing instructions if you've had a meniscus repair. **You will start formal physical therapy as soon as 3 days post op, with 1-3 visit prior to returning to have your sutures removed (8-12 days)**
- **1-6 weeks Post Op:** Advance motion to full, with the first goal being to spin on a bike. Return to full weight bearing and normal gait pattern. Increase strength of the quad and glutes, working both at therapy and at home.
- **6-12 weeks Post Op:** Strength building for the quad, focusing on normalization gait pattern. Should focus on working with your therapist, but can begin to return to a gym routine as directed.
- **3-6 months Post Op:** May return to running as directed by therapist, beginning on a treadmill and transitioning to outdoors as you are comfortable. Avoid poor weather and slippery surfaces. **NO CONTACT SPORTS and NO CUTTING/PIVOTING ACTIVITIES**
- **6-9 months Post Op:** Gradual return to sport activity, with return to cutting, pivoting in the 8-9 month timeframe. Continue maintenance for strength and endurance activity.
  - **Any cartilage or meniscus repair work will alter this timeline**
- **Post Op appointments generally scheduled around 1-2 weeks, 6 weeks, 3 months, 6 months and 9-12 months**

#### Dr. Burks' Team Contact Info:

For More info, please see [robertburksmd.com](http://robertburksmd.com)

##### Clinic/Pre and Post Op Questions

Phone: 801-587-7198

Email: [chad.derby@hsc.utah.edu](mailto:chad.derby@hsc.utah.edu)

##### Clinic/Work Letters

Phone: 801-587-1280

Email: [oliver.herrera@hsc.utah.edu](mailto:oliver.herrera@hsc.utah.edu)

##### Surgery Scheduling

Phone: 801-587-7013

Email: [s.rehn@utah.edu](mailto:s.rehn@utah.edu)