

Orthopedic Surgery Recovery Plan

Date: **[Insert Date]**

Patient Name: **[Insert Patient Name]**

Patient ID: **[Insert Patient ID]**

Surgeon: **[Insert Surgeon Name]**

Procedure: **Ligament Reconstruction**

Recovery Plan Overview

Post-operative recovery from ligament reconstruction is a critical phase that ensures optimal healing and restoration of function. This recovery plan outlines the key aspects of your rehabilitation process.

1. Immediate Post-Operative Care

- Rest and Elevation: Keep the leg elevated to reduce swelling.
- Pain Management: Follow prescribed medications for pain control.
- Wound Care: Keep the surgical site clean and dry.

2. Physical Therapy Schedule

Begin physical therapy on **[Insert Date]**.

- Weeks 1-2: Gentle range of motion exercises.
- Weeks 3-4: Progress to strength training with a focus on the quadriceps and hamstrings.
- Weeks 5-6: Begin functional exercises and weight-bearing activities.

3. Follow-Up Appointments

Schedule follow-up appointments every **[Insert Time Frame]** to monitor progress. First appointment on **[Insert Date]**.

4. Activity Restrictions

Avoid the following activities until cleared by your surgeon:

- High-impact sports.
- Jumping or pivoting movements.
- Heavy lifting.

5. Important Tips

- Stay hydrated and maintain a balanced diet to support healing.
- Adhere strictly to all medication regimens.
- Communicate any concerns or unusual symptoms to your healthcare provider promptly.

Conclusion

Your commitment to this recovery plan is vital for achieving the best possible outcome. Please do not hesitate to reach out with any questions or concerns.

Sincerely,

[Insert Surgeon Name]

[Insert Contact Information]