

A GUIDE FOR COMPLETE ACL RECOVERY

100 QUESTIONS AND ANSWERS ON ACL

DR NAVEEN SHARMA

(MS ORTHO) MUMBAI

SPORTS INJURY FELLOWSHIP, GERMANY, SOUTH KOREA



About Dr Naveen Sharma

- Dr Naveen Sharma is regarded as one of the best ACL surgeon in the India
- He has experience of more than 15 years.
- He has experince of more than 6000 surgeries
- He has one of the most popular Youtube channel on ACL problems.
- He is also famous for his **Whatsapp ACL help program.**
- He is at present working in Jaipur in AOSIH And Apollo spectra hospital.



How to read this book

THIS BOOK HAS 100 QUESTIONS AND ANSWERS ABOUT ACL. I HAVE BEEN SEEING ACL PATIENTS FOR THE LAST 16 YEARS. I HAVE WORKED IN MANY HOSPITALS LIKE KEM MUMBAI, NAIR HOSPITAL, KOKILABEN HOSPITAL MUMBAI, ARCUS CLINIC GERMANY, SAMSUNG MEDICAL CENTRE SOUTH KOREA, APOLLO SPECTRA HOSPITAL AND NOW I AM WORKING IN ADVANCE HOSPITAL. I HAVE TREATED MORE THAN 6000 PATIENTS AND I HAVE NOTICED THAT MOST OF THE PATIENTS WITH ACL TEAR ASK THE SAME QUESTIONS. EVEN ON MY YOUTUBE CHANNEL PATIENTS ASK THE SAME QUESTIONS. SO I THOUGHT WHY NOT WRITE A BOOK SO PATIENTS CAN GET ALL THEIR ANSWERS EASILY IN ONE PLACE. THIS BOOK IS A COLLECTION OF 100 IMPORTANT QUESTIONS AND ANSWERS . AFTER READING THIS BOOK YOU WILL GET ALL YOUR DOUBTS, PROBLEMS AND QUESTIONS ANSWERED IN EASY LANGUAGE. I HAVE GIVEN LINKS TO MY INFORMATIVE VIDEOS ALSO . SO YOU CAN LEARN EXERCISES AND UNDERSTAND EVERYTHING BETTER.

1. **What is ACL ligament and what is its role in the body ?**

The ACL ligament is a key structure in the knee joint. It connects upper thigh bone Femur to lower leg bone Tibia. ACL helps in important knee functions like running, playing , jumping and walking on uneven ground. It makes the balance of the knee and also provides stability. If there is an ACL tear then the patient feels there is no stability in the knee joint and he sometimes feels like he can fall down if he tries to run fast. ACL ligament is essential if you want to play sports, gym or looking for a physical fitness exam for example army, polce, or paramilitary.



2. How can a patient have an ACL injury in the knee joint ?

An ACL tear is a sports injury. It usually occurs during playing sports like Badminton, Kabaddi, long jump, High jump . In cricket and football also ACL injury is very common. This does not mean that a normal person can not have an ACL injury.

Anyone can have an ACL tear in a bike accident, fall from stairs or slip on a wet floor.



3. How do I know if I have an ACL injury?

ACL injury is a very severe injury. As soon as you injure your knee you may hear or feel popping sound in the knee joint. Not all patients have such feelings though. Sometimes there is sudden knee swelling and as soon as the patient tries to walk he feels like his knee is getting twisted and there is no stability in the knee. Some patients can walk but with slight discomfort.



4. What should I do if I am suspecting a ligament injury in my knee joint?

If you are suspecting a ligament injury you should not move the joint or try to check it yourself. It can damage meniscus or cartilage in the knee joint. Do not do any massage or rub any oil. It can make your knee more stiff. Knee brace can be used to support the leg and you can also apply ice to the knee joint. Do not apply a tight bandage as it can damage blood flow in the knee joint. You should visit an orthopedic or a ligament specialist as soon as possible.



5.How will my dr check if I have a ligament injury or ACL tear ?

When you visit your orthopedic dr or ligament specialist, he will examine your knee joint. He will check if your ligament is torn or not. Many times there is knee swelling. In such cases it is not easy to do anterior Drawer or Lachman test. So your dr may advise you to get an x-ray to confirm if there is any bone fracture or not. He also gives you medicines to control pain and swelling. Watch my video about knee examination.

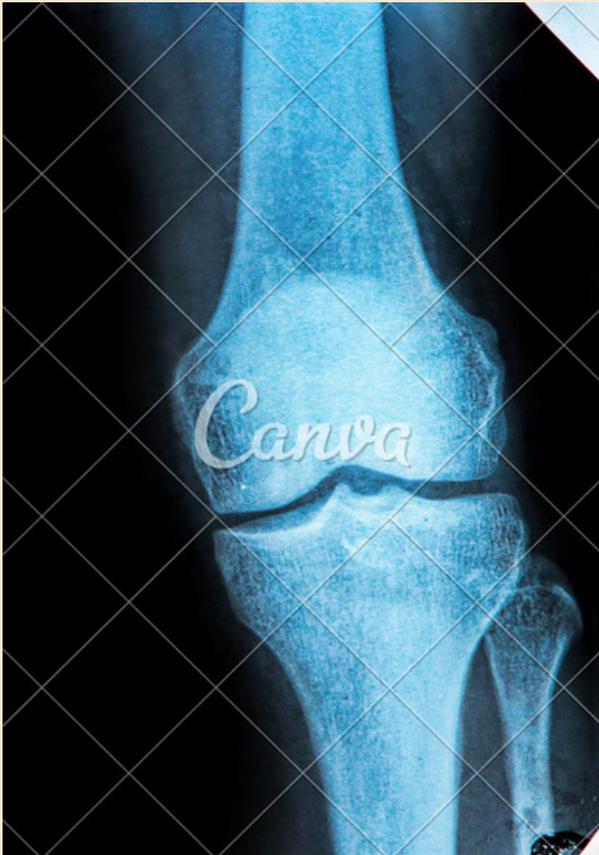
<https://youtu.be/nGX-kp1F8HY>



6. If I have an ACL or ligament injury can x ray give me some hint ?

Usually X ray is the first test for any knee injury. Sometimes there is a hairline fracture and we can think of it as ligament injury. Other possibility is of a bony avulsion injury. There can be a bony avulsion of ACL and PCL. In bony avulsion ACL or PCL is torn with an attach bony piece. It is a very important injury and need a urgent treatment.

If there is second fracture , it also gives an idea of ACL injury.



7. My dr has advised me to go for an MRI of the knee joint, Is it right or wrong?

MRI is a very important test of the knee joint. It gives us complete information of the status of knee ligament , cartilage and meniscus. If your ACL is torn then it will give us complete detail of the ligament tear. It is necessary to get an MRI as soon as possible. Some doctor says that wait till swelling goes down. But I think MRI should be done as soon as possible.



9.What type of MRI is best for me?

MRI machines can be of various types. Most important factor is the tesla of the MRI. Always go for 3 tesla MRI. It is the best quality MRI machine and it gives best results. It never misses the smallest problem in the knee joint. Always go for a 3 tesla MRI of the knee. Normally the cost of the MRI is usually between 4 to 6 thousand rupees.

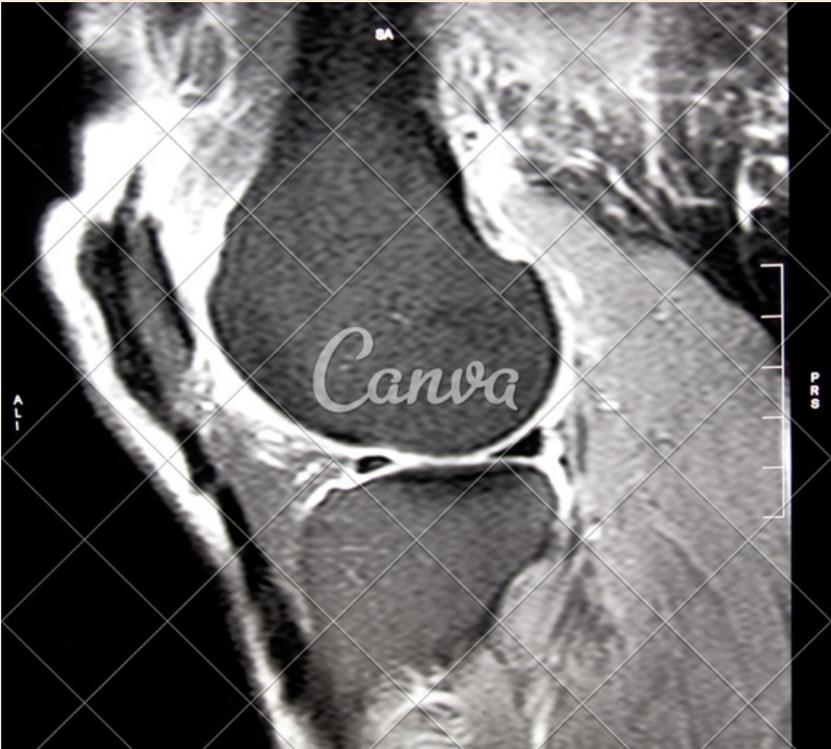
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10. My MRI is showing joint effusion seen ? What does this mean?

Joint effusion means there is collection of blood or fluid in the knee joint. It is very common after sports injury . It is not a serious issue and you can ignore it . It will get absorbed in the knee joint in due time.

[.https://youtu.be/NbOtFLbCpP0](https://youtu.be/NbOtFLbCpP0)



11. My doctor is asking me to remove the blood with the needle ?

If your dr is asking you to remove blood from the knee joint, I would suggest you not to do that. It can increase chances of infection. If your knee is very swollen and you are having difficulty in knee bending then you can ask your doctor to remove blood with the help of a needle . It should be done under full aseptic precautions. Your doctor will apply compression bandage over the knee joint. Keep this bandage for 3 days . You can apply an ice pack.



12.My mri report is saying that I have a partial ACL tear ?

ACL is a ligament made up of many fibres.

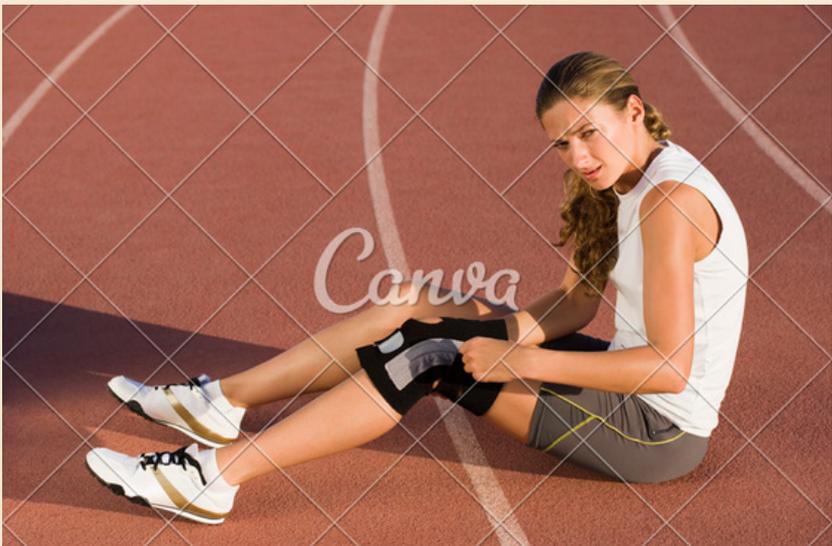
Sometimes all the fibres are not torn.in that case it is called as partial ACL tear. For complete function we require 80 to 100% fibres.So even if you have 70% fibres you will not be able to run or play sports so even in partial tear you may require a surgery although you can wait 2 or 3 months .

<https://youtu.be/nZjsVHxcArc>



12. I can walk normally and also use stairs ? Do I need surgery?

ACL ligament is not important for normal walking . It is needed for fast running, sports, gym and jumping. So even if you are walking normally once in a month you will have some instability and difficulty or twisting of the knee joint. At that time you can damage your knee cartilage or meniscus also. So if you have an ACL tear than it is better to go for surgery.



13. When is the right time for ACL surgery ?

An ACL is a planned surgery and not an emergency. It should never be done in a hurry. You should have full knee bending and minimum swelling in the knee joint. It usually takes place in 10 to 15 days.

Remember the golden rule. No ACL surgery unless there is full knee bending or swelling in the joint.



14. I have a fracture in the knee joint ? Can I do both fracture and ligament surgery together ?

No . A ligament surgery and a bone surgery are very different from each other. Doing them together is not a good option and it can cause problems like knee stiffness, infection or failure. If you have a fracture and ligament injury both then you should always do fracture surgery first.



15. I live in a small town and my dr wanted to apply plaster in the knee joint?

I can understand that. ACL is a very advanced procedure and its treatment is possible in the big cities. Plaster is not the treatment for ACL surgery. It can make your knee stiff. If you want rest then you can use knee brace but plaster is not a good treatment for ACL ligament .



16. If I have an ACL injury then what activity I am allowed to do?

ACL injury is not a bony injury. So you do not need bed rest in the ACL . You can use knee brace and easily walk for your normal daily activities. Just remember that knee brace is necessary to prevent further damage. If you do bed rest then it can make your bone weak. So walking is good with a knee brace.



17. What activities I should not do in my ACL injuries?

As I told you you do not need any bed rest and you can walk. But you should avoid sitting cross leg, indian style toilet or squatting. It can harm your knee joint. If you have a meniscus or cartilage injury also then also you should take all these precautions.



18. How to select best dr for ACL injuries?

Many patients have this question in their mind. They are not sure which dr will be best for them. Their parents force them to get this done by a nearby dr or a known orthopedic dr. Unfortunately not all orthopedic dr can do a ligament surgery. It is a very advanced surgery and it needs special cameras and other machines which are not available at every place. So your results are not good if it is done at a very small center or by an inexperienced surgeon. Also ask your dr to give mobile numbers of few of his ACL patients. His patient can tell you about his behaviour and experience and results.



19. Do all patients need surgery for ACL tears?

ACL surgery is done for running, jumping and sports. So if you are above 50 to 55 years of age and you are not involved in sports or running you can avoid it. If you are a female above 50 and do simple household work then you can avoid this.



20. Can I wait a few weeks or months before ACL surgery?

ACL surgery is not an urgent surgery and it can be delayed for a few weeks or a month. During this time you can walk and do minimum activities. Do not do running or sports. If you have some urgent function like marriage or any exams then you can wait for one month. But make sure that you do not dance or run during this time. Otherwise it can increase problems.



21. I am very scared of surgery? Can I treat this with physiotherapy?

No. The ACL ligament is just like clutch wire in your motorcycle. We all know that once a clutch is broken we need to replace it. If you keep the bike at home the clutch will not get repaired automatically. So the same is true for ACL.

Physiotherapy is helpful in making muscles stronger. It can also help if your knee joint is stiff. But it can not heal a partial or complete ACL tear. Do not waste your time and money in physiotherapy. Get ACL treated first and then join ACL physiotherapy.



22. I am ready to do bed rest for 3 months. Will it heal my ACL?

No ACL will ever heal by rest. Rather rest is harmful for your body. It will make your bones weak. So you should not do any bed rest and get treatment of the ACL as soon as possible once your knee is having full knee bending and there is no swelling.



23. It has been 1 month and still my knee is swollen and I am not able to bend my knee?

Usually in 1 month most patients get full knee bending and they are fit for ACL surgery. If you are not able to bend your knee even after one month then there is no point in delaying this any further. You can contact your dr for further management.



24. If my knee is not bending beyond 90 degrees in 2 months. Can I go for an ACL now?

Yes. If your knee bending is not improving even after 2 months and you continue to have knee bending problems then you can do both knee bending and ACL together.

You can discuss this with your dr. We routinely do such surgeries at our hospital AOSIH with very good results.



**25. I am not aware of ACL surgery?
How big will be this surgery ?**

ACL is a very advanced procedure and it is done with the help of arthroscopy. So there is no big cut and most of the time only two or three stitches are needed. It is very pain less surgery and during surgery you can watch surgery on television monitor if you want.



26. How much time will I be in the operation theatre?

Usually an ACL surgery takes 1 hour or less. So you will be in the operation theatre for one hr or 2 hours. Most of the time you will be talking to Dr Naveen Sharma. His behaviour is such that you will feel comfortable during surgery. If you want we can play your favourite music.



27. I am very worried about spinal anesthesia?

Spinal anesthesia is a very safe procedure and most of the time patients recommend this. It makes your both legs pain free and you remain awake during the procedure. It will increase confidence because you can watch the whole procedure on monitor and discuss with Dr NAVEEN SHARMA.



28. What if I do not want to see anything During surgery ?

Yes it is possible. Our doctor can give you sedation . You will be complete at rest sleeping during surgery. You will not remember anything that happen during surgery and when you will be awake in your room, everything will be done.



29. I have mediclaim ? Can I do it cashless?

Yes cashless facility for ACL surgery is available in most of the hospitals. It will be a very easy process. You have to fill a form and once pre approval is done you can be admitted in hospital. You just need to pay a little amount of consumable items, food and file charges which are not covered under insurance. Rest everything will be free.



30. My insurance is 3 months old. Can I get cashless claims?

No. ACL surgery is a planned procedure and It has locking periods of two years. So your policy should be at least 2 year old for coverage. If you have corporate policy than you can get a cashless claim. There are some insurance agents which can make a false promise that they can get your claim pass even if insurance policy is just few months old but remember it is not possible IRDA rules are applicable in all policies and ACL is not considered as an accidental injury. If you have a solid proof like FIR than only there is chance of approval in a policy of less than 2 years old..



31. My dr is saying he will call some other dr for surgery ? Is it safe and successful?

In india it is very common as ligament dr are not available in all parts. But you need to understand a few points. First you should have direct contact with an operating surgeon. He is one who should guide you about rehabilitation and exercises. I personally do not recommend this. Rather patients can go to a ligament surgeon. It will give better results.



32. Why is the ACL called arthroscopy surgery ?

ACL is done with the help of a camera. So there is no big cut or blood loss. It is one of the most advanced methods and Dr sees everything on monitor. Not only this, even the patient is awake and can watch the whole procedure on TV. Arthroscopy word means watching everything in the joint with the camera.



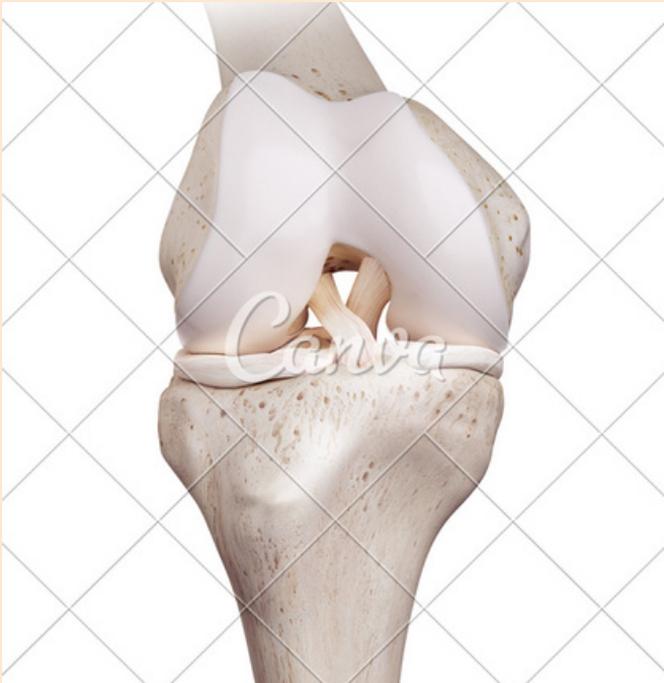
33. What is ACL reconstruction? Why not repair it ?

ACL is not repairable except in a few rare cases. It is usually replaced with a new graft. So it is called ACL reconstruction. Because basically your dr is making a new ligament from the graft of your body tendons. In other words you will get a new ACL.



35. How dr make a new ACL ?

When an ACL is torn then we need to take some tendon from the body and make it an ACL. Tendon which are used to make ACL is called graft. Usually we take hamstrings or Peroneus graft. These are very strong grafts and give very good results. There is no damage done at donar sites as there are extra tendons available at these sites.



36. What is BTB graft ?

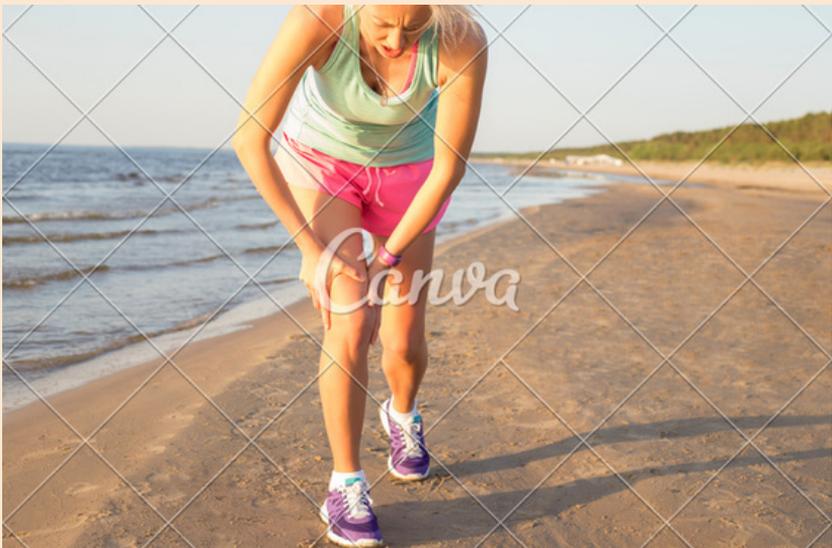
BTB is bone tendon bone graft. It was used in the past but not very popular.

It is still used in some cases where hamstrings or peroneus graft is not available. It requires a little bigger incision. It is also used in revision case scenario.



37. Can we use artificial graft rather than natural body tendon?

Artificial grafts are not first choice graft. Results of Artificial grafts are not good. It should be used only in rare cases when body grafts are not available. I personally never use artificial grafts.



38. What is Bio screw ?

As I told you, the ACL graft is fixed in the upper bone femur and lower bone tibia.

On the tibial side most of the world top surgeons use Bio screws. It is made up of special material and it gets dissolved on its own and behaves just like a bone. Most of the time there is no need of removal of this bio screw. So no second surgery is needed. Bio screw HA is the best bio screw. HA word means hydroxyapatite. It has a bone-like coating over it. This is the most common screw use in the whole world.



39. What is Endo button ?

Endo button is made up of titanium and it is used on femur side for graft fixation.

Endobutton is very small and it can be compared to a rice grain. Its length is 7 mm. if you want you can get it removed after 18 months,



40. Which is the best method for ACL reconstruction?

HA Bio screw with titanium Endobutton is the best method for ACL reconstruction. Every year more than one lakh ACLs are done in the USA only. 99% of dr use bio screws and endobutton . It is tried and tested technology and gives best results.



41.What is all inside ACL technology?

All inside technology is new technology of ACL reconstruction. Very few surgeons recommend this technology at present. We have done a lot of research and found that it is too early to say if it is better than Bioscrew. So it is better to go for tried and tested methods. I will recommend Bioscrew and Endobutton to all my patients.



42. I want fast recovery ?. Can I go all inside with a brace technique ?

ACL healing is the same in all methods. All inside or Bio screw both technology both take the same time to recover. You can not put 40 litre water in a mango tree and expect fruits in one day. So you will need 9 to 12 months rehabilitation for playing sport . We all know who won the race in turtle vs rabbit story.



43. One of the people has said that I can start playing a game in 3 months after surgery ? Is it true?

Beware of online frauds. You can not double money in a short time. If someone says that he can make you crorepati in one month then he is a liar. Many athletes have gone through ACL treatment in the world. They have access to all the best technology and nutrition. Even then they take one year for recovery. So how can somebody make you fit in 3 month. It is a fraud and stay away from it.



44. How many days of bed rest needed after ACL surgery?

You do not need any bed rest after ACL surgery. You can start walking from the next day of surgery. You need to take support of walkers or crutches for 15 to 20 days. After that you can walk without any support. This is one of the most advance surgery in modern times.



45. Do I have any plaster on the knee joint?

No, ACL surgery does not require any plaster in the leg. You will just need a knee brace. Knee brace is required to wear for 6 weeks . You can remove that while watching Tv or working on a laptop . But you need to wear it when you are walking or sleeping.



46. What is ROM brace ? Can I use a knee cap ?

Long knee brace is the best type of brace to use after ACL surgery. I do not recommend knee cap or ROM brace. Purpose of brace is to support the new ACL ligament in first 6 weeks.



47. When can I start knee bending ?

Knee bending is started after 24 hours. Knee bending should be done gradually and in 45 to 60 days knee bedding should be complete. Some patients can take more time in knee bending but nothing to be worried about.



48. When can I remove stitches ?

Normally stitches are removed in 2 weeks time. In some people it can be removed after 17 to 18 days. There is no need to visit Dr Naveen Sharma for this. You can get it removed with the help of nursing staff. After stitch removal you can start walking with full weight on the operated leg. . You can leave the walker. In case you have done meniscus repair then you have to use walker for six weeks.



49. When can I go to the office after ACL surgery?

You can go to the office in three weeks. That depends on the type of work you do . If your office has stairs than you may need some more time. If your work is in the field or marketing you might need some extra time for recovery.



50. When can I drive a four wheeler or two wheelar?

You can start driving at 2 and half months.

It depends on pain and recovery. Riding two wheelers is a little risky as the patient can fall again . I recommend my patients to start cycling after 3 and half months.

And two wheelar is recommended after 4 months. Many people have fallen after ACL surgery from two wheelar and then you might need a repeat ACL surgery.

Prevention is always better than cure.



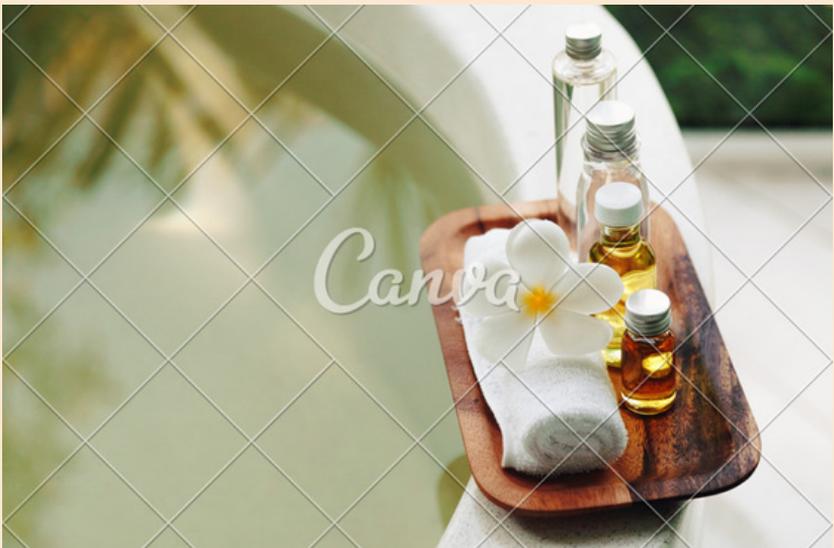
**51. One of the doctors has recommended a double bundle ACL ?
Is it any good ?**

Well just like all inside the double bundle is again a fancy name. No research has proved if a double bundle is better than a single bundle. It causes fracture also as indian patients has smaller bones and using four tunnels can cause fracture and bone loss. So I never recommend double bundles to my patients.



52. When Can I take a bath normally ?

It is a very common question. I would suggest that the patient should not make his dressing wet. So till sutures are removed you should not take bath. If you want you can wrap your leg in polythene and then you can take a bath. But remember water should not go inside the dressing otherwise it can cause problems. After 2 weeks and when suture is removed you can take a normal bath. But make sure you do not rub on the affected part.



53. I am having fever after the ACL ?

Up to 100 degree fever is normal. You should take paracetamol for this. If fever is around 10 to 104 then you should consult your dr. He might need to check your knee joint. If there is no redness or pain around the knee joint, taking antibiotics after discussion with your doctor will be ok. Your doctor may advise you to get a few blood tests like CBC, ESR and CRP. it gives information about any suspected infection in the body.



54. I have swelling at my knee joint after 2 months of ACL ?

Swelling is a normal feature and it can be there up to one year. Most often it does not indicate any serious thing. Body tries to increase blood flow in the knee joint and it can make the knee appear swollen. So it is nothing to be worried about. If you have swelling with pain and are not able to bend your knee then your doctor might ask you to start taking antibiotics. Some time doctors may do aspiration of joint fluid and send it for culture. If there is any positive culture then you might need to take injections for a few days.



55. It is three months and I am still a few inches short in knee bending?

It is quite common as the last few inches are very difficult to achieve and it can take even months for complete knee bending.

It is nothing to be worried about. This happen because we always make a very tight ACL and sometimes it may not allow full bending. But over the period of time it can become normal and you can get full knee bending.



56. I have fallen again ? Can my ACL be torn again or become loose?

ACL is very strong ligament and most of the time it does not loose or break after small injury. Dr Naveen Sharma always makes a very strong 8 or 9 mm graft which can take a big load very easily. Many of our operated patient has fallen after ACL but none of them has loosen or broken his ACL till now. But you should always be careful, especially in the initial few months.



57. Some dr says that Bio screws do not dissolve ? Is it true?

As I told you, the market is full of negative information. Bio screws are used in the whole world. Many big cricket stars have used bio screws in their ACL. So do you think they are not wise. It is just to promote their products that some people spread such wrong information. I repeat Bioscrew and endobutton is the best combination in ACL .



58. I am having some numbness in my leg ?

After ACL surgery there is some numbness in my leg. It is quite common and it is a temporary thing. It goes with time.

Sometimes it can take months for complete disappearance. But it is not a serious thing. And it will not progress.



59. When can I start squats and Lunges ?

I personally do not start squat and lunges up to 6 months ,As they cause lots of stress on the ACL. So always try to delay these two exercises for an initial few months. Do not do these exercises for the initial 6 months. In these exercises repeated knee bending can make our ACL weak. You can start half squat after 4 months and full squat after 6 months.



60. When can I use indian toilet?

I do not recommend sitting cross leg or use indian toilet for initial six months. It can make ACL graft weak. So use chair for sitting and estern commode. If you do not have access to western commode then you can use chair commode which is easily available at amazon or near most of the big hospitals



61. What is meniscus in the knee joint?

Meniscus is two shock absorber structure in the knee joint. We have medial and lateral meniscus. They also give cushioning effect. Meniscus can be torn during ACL injury. Sometimes when patients delay ACL surgery for a few months and then fall again at that time also meniscus tears can

occur



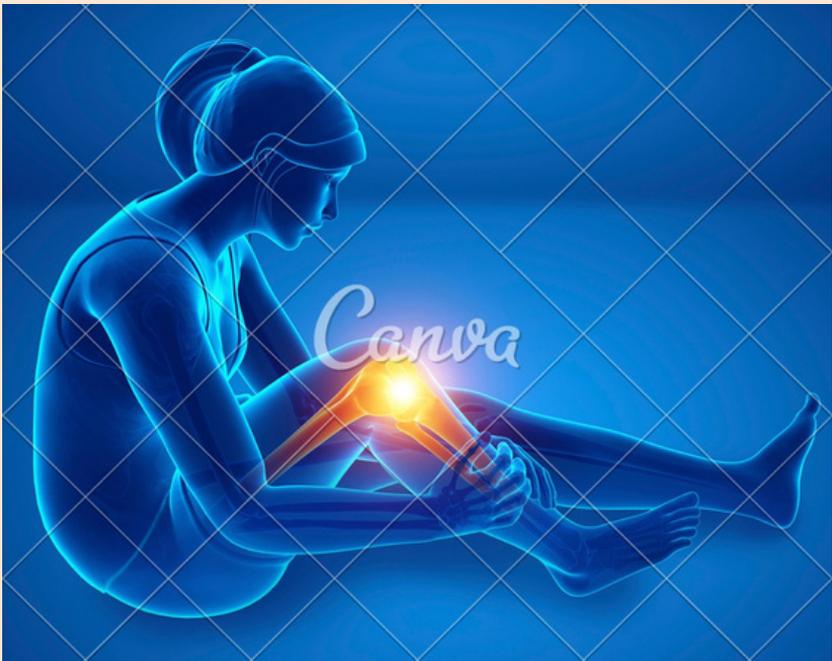
62. What are the symptoms of meniscus tear?

Meniscus tears can cause pain and swelling. It can also cause locking in the knee joint. I have seen many patients who are completely normal after an ACL injury for a few months and then they suddenly twist their knee. That causes meniscus tears and patients start feeling pain and locking. That's why I always send my patient that you should not delay ACL reconstruction.



63. My MRI report is suggesting grade 1 or grade 2 tears?

There is no need for surgery in grade 1 and grade 2 tears. When we see inside the knee joint then in grade 1 and 2 tear meniscus appears very normal. One of my patients got worried that I did nothing for his grade 1 or 2 tear. I console him, you can not repair a normal meniscus.



64. Is an MRI report always 100 percent true?

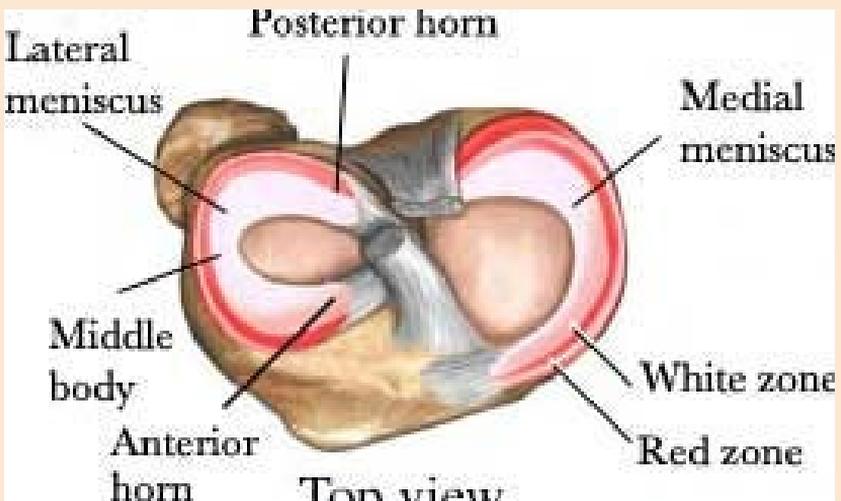
No. MRI can also be wrong. So I always recommend getting ACL surgery at a good and experienced setup where they daily do such surgery. I have seen many times that meniscus tear is not mentioned in MRI but we see Meniscus tear. Just imagine if you are getting this surgery at a small place they may not have all the instruments with them. And you may not get the best treatment. Also some time MRI may be mistaken in ACL or PCL. Recently I have seen a case where an MRI showed an ACL tear but when we put the camera inside we saw PCL tear. Luckily at our center we have all the instruments available with us. And we managed to treat that PCL successfully.



65. Does the meniscus be repaired?

Yes meniscus can be repaired. It is done with the help of a special instrument . Not all centers have facilities for meniscus repair with them. Meniscus does not have blood supply and is divided into three zones. Red red which is the outer part of the meniscus gives very good results. Middle part red white is also good. Inner one is called white white and it does not give good results after meniscus repair. MRI may not always show zones of meniscus tear. Sometimes it is a decision which your dr has to take in the operation theatre.

<https://youtu.be/ByBjUE0WW44>



66. Is there any special advice if I have gone through meniscus repair?

Yes meniscus repair is a very advanced procedure. After meniscus repair knee bending is done very slowly. We ask our patients to not bend their knee beyond 90 degrees for one month. And full bending is allowed after 6 weeks only. As early knee bending can damage knee meniscus repair. Meniscus root repair is done when meniscus is torn from its root. Meniscus has two roots. Anterior and posterior. It can be repaired.



67. What is revision ACL reconstruction?

Sometimes a patient of ACL reconstruction can fall again and can damage his ACL. The ACL is a very strong ligament and usually after surgery it works for the whole life. If there is a bad accident then sometimes the ACL can be torn again. There is nothing to be worried about in such cases. As revision ACL surgery is also possible. We routinely do revision ACLs in our hospital.



68. What is PCL ligament ?

PCL ligament is on the back side of the knee joint and it is a very strong ligament. It is not easily torn. PCL tear is very rare as compared to ACL tear. We see more than 1000 ACLs every year as compared to 70 PCL every year. PCL surgery is much more complicated than ACL surgery and needs special skills and instruments. Not all ligament surgeons can do PCL reconstruction. Our hospital does 50 to 60 PCL every year. Partial PCL tears can heal itself. Because PCL has very good blood supply.



69. I have PCL buckling in my knee joint?

PCL buckling in the knee joint means that PCL is appearing loose. It is because when the ACL is torn, the knee becomes relaxed and it causes buckling of PCL. It does not mean PCL is damaged and it does not need any repair.



70. After how many days I can walk with full weight after meniscus repair?

It is very different as compared to ACL. In ACL repair you can walk without support after 2 weeks. But if you have gone through meniscus repair then you need to avoid putting on weight till six weeks of repair. After six weeks you can use full weight bearing walking.



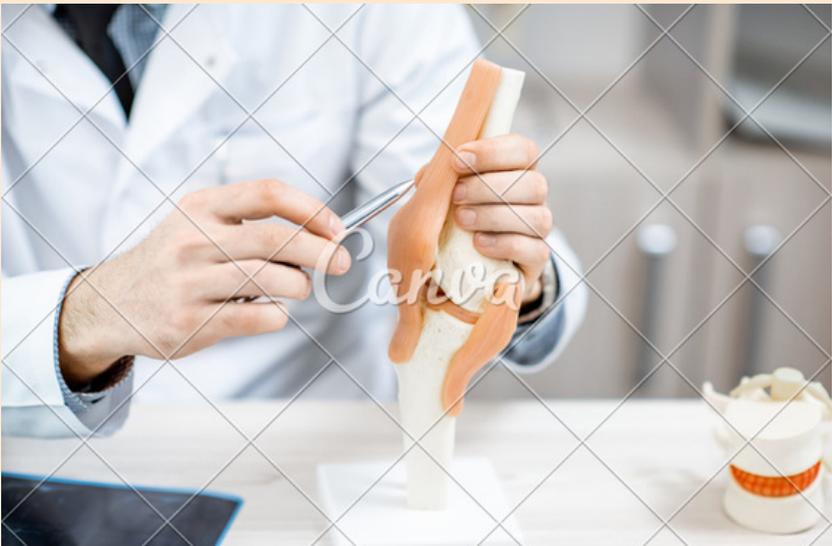
71. Is there any difference in PCL brace than ACL brace?

No . There is no big difference. We need to apply a small pillow below the knee joint in PCL reconstruction as the leg tries to go backwards. This pillow is kept for six weeks. It can be fixed with a knee brace for convenience.



72. I have an MCL and ACL injury? What should I do ?

MCL is a very strong ligament inside the knee joint. It can be injured along with an ACL tear. MCL usually heals well without surgery. So when we see a patient of ACL and MCL injury we always ask him to wait for six weeks. During this time he is given knee brace and knee bending is allowed. We do not want a stiff knee. Some doctors apply plaster to the knee joint . It is harmful and can cause tight knee and delay the recovery.



73. What if MCL does not heal by itself?

If MCL does not heal by itself then we need to reconstruct MCL as well. It can be done at same time of ACL reconstruction. It is always better to do it in a single stage.

But remember multiple ligament reconstruction is not a simple surgery. You need to take care of many things. It is always better to get multiple ligament surgery at a higher centre.



74. I have PLC injury ?

PLC injury is injury to the outer side of the ligament. It has three parts . Popliteus. PFL and LCL. Any one, two or all three can be torn. PLC injury is more common with PCL tear. There are very few places where dr do PLC repair. And it is very costly too. We routinely do such surgeries.



75. I am having cracking sounds in the knee joint after ACL ?

Cracking sound in the knee joint is very common. It can appear after 30 to 40 days and then stay for a few months. It is due to weak thigh muscles and it will become normal after some time. It is not a serious issue and it can be ignored easily.



76. My friend has gone through ACL surgery by same dr ? Why is his recovery faster than me?

Well we can not compare the recovery of two different people. It depends on many factors like genetics, nutrition , muscle type and previous training. Army people, sportsman recovery fast.



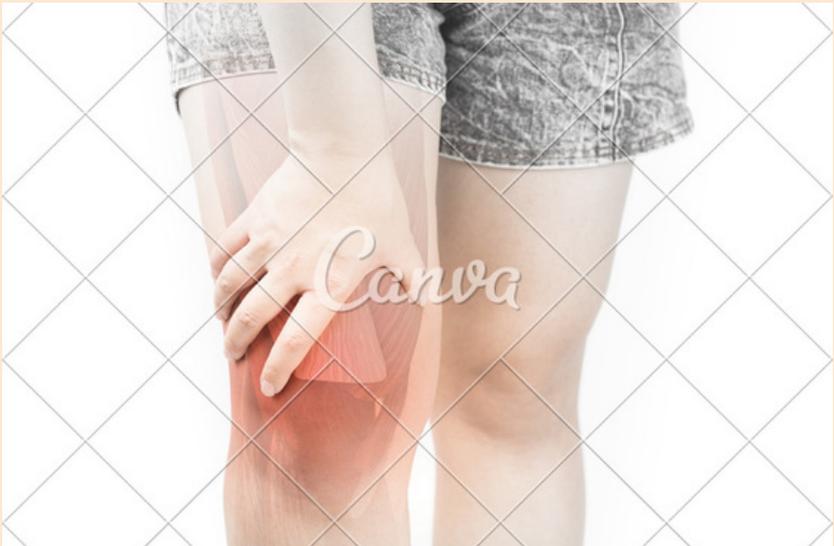
77. What is ACL augmentation ?

Sometimes when we see there some ACL fibres are intact in the knee joint then we do not cut those ACL fibres . And add a new ACL graft to it. It makes the ACL very strong. It also recovers very fast and original ACL fibres work as additional support to our new graft.



78. I have an ACL sprain ? Do I need surgery?

ACL sprain means that the ACL is not broken but stretched and sometimes patient can get complete recovery with exercises. If even after 6 months of ACL physiotherapy patients are not showing any relief then ACL reconstruction can be planned.



79. I am having muroid ACL degeneration?

Muroid ACL degeneration is when the ACL gets melted. It can be following any injury or due to any medication like steroids. It is more common in females. We always try to treat muroid ACL degeneration with rehabilitation. Many times patients need an ACL reconstruction as Muroid ACL causes knee pain .



80. My leg is still thin after ACL surgery. How long it will take my leg to become the same size ?

Well it is just like somebody asking when I will have 6 packs abs. It deepens on many factors like genetics, nutrition and exercises. If you do good exercises and your nutrition is good then your leg will get the same size very soon.



81. Do I need a physiotherapist for good rehabilitation?

Most of the time we take care of rehabilitation by providing you customise videos. We do not give you a paper with few exercises as two different person can not have same set of exercises. So Dr Naveen Sharma made a different protocol and he himself took care of physiotherapy. Sometimes if a patient finds it difficult to do exercises at home at that time he can join a good physio and work with him.



**82. I have an ACL in both of my knees
? Can I get both side surgery in one
stage?**

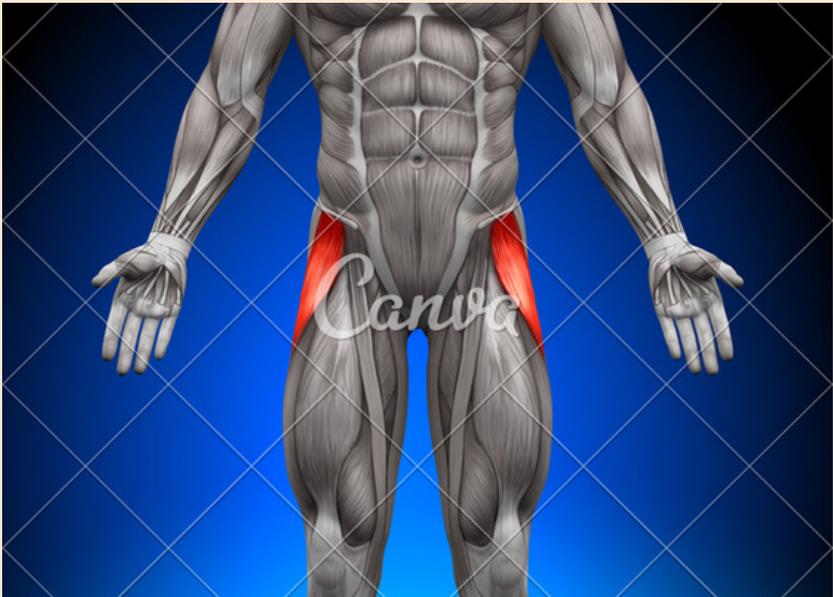
Yes you can. We have done many bilateral ACL surgeries and results are very good. It needs some special training to do both ACLs at the same stage. As we have already told you our center is one of the best places for such complicated procedures.



83. I have not felt any improvement since last few months ?

In ACL recovery you will need patience.

Sometimes recovery can take many months and at that time communication between doctor and patient is important. Patients should have full faith in the doctor and should do rehabilitation as advised by the doctor. Good exercise can compensate for a bad ACL. But Bad exercise can not help the best ACL surgery.



84. I want to get a new MRI to check my ACL recovery ?

It is not a good idea. MRI is not very good in the first year of ACL surgery . It can confuse you and make you more worried. I have seen more than 1000 MRI which are done after ACL surgery. Most of them show tears in the ACL graft and it can cause unnecessary anxiety in patients. So unless your doctor is asking you to get a new MRI, do not do an MRI after the ACL.



85.what is internal bracing?

Internal bracing is when we used a tape to help ACL graft. It is said that when graft is weak that time it provides support. It is a new technology and we do not use it very commonly. Internal bracing has not shown to provide any additional benefit. Still if you think that you want to use a special tape for support you can ask your surgeon to use it.



86. How long will it take for me to walk normally?

A patient of ACL surgery can walk normally in 2 to 3 months. Sometimes few patients can walk normally in 6 weeks also. It depends on muscle strength and pain tolerance. Some patients can take more than usual time in walking and can feel limping up to 4 months. But your gait will be normal after some time and it is nothing to be worried about.



87. When can I start jogging?

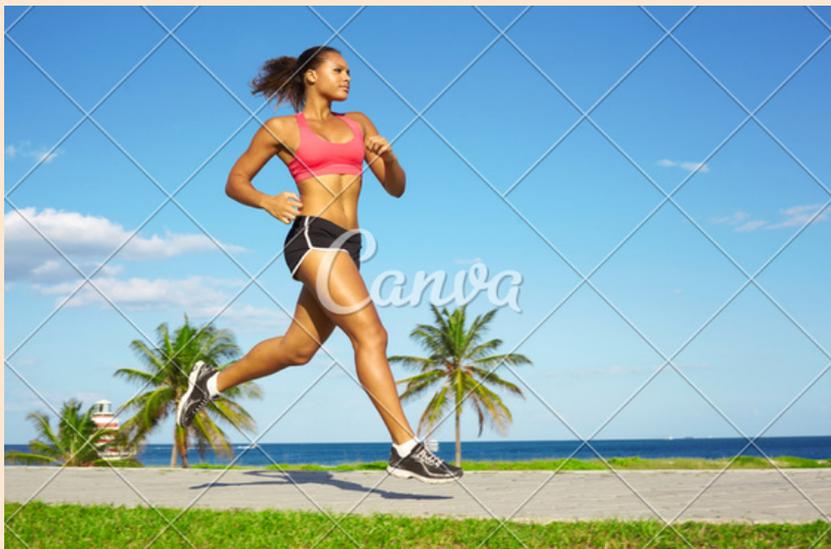
Jogging can be started in 3 to 4 month. Patient should start walking first at 45 days and then as soon as he feels comfortable he can increase the speed. Most of the patients can do jogging after 100 days.

Add a little bit of body text



88. When Can I start running?

Running can be started after 6 to 7 months depending on patient comfort. We never keep a fixed imig for anything as recovery of two people is not the same. So if you are doing good rehab you can start running at 7 months . Few patients may need 9 months to start running.



89. What is advanced ACL rehab?

Advanced ACL rehab is reserved for all those patients who want to join professional sports or paramilitary or police. In such cases your knee needs to learn few extra tricks. We have an advanced ACL rehab program that a patient can join. In this main focus is given to injury prevention, reflex development and agility. Patient learns how to make balance on a single leg, how to jump and land without damaging his knee again.



90. I have delayed my ACL for 5 to 8 years ? Can I get it now?

Yes ACL can be done after 5 to 8 years of injury. You have to make sure you do not have cartilage damage in the knee joint. If cartilage is damaged then it can cause pain. Your doctor may get a new MRI to check if you have cartilage damaged also.

In that case you may need to get HTO along with ACL reconstruction. You can get it in two stages or single stage.



92. I am having swelling in the knee joint after 5 months ? Do I need to worry ?

Knee swelling can occur some time due to heavy exercises. It is not a serious issue.

You can use an ice application and take medicines for it. Swelling does not mean that anything is wrong. If you want you can consult with your doctor also.



93. I have stopped using brace. But when I am walking I feel I am not able to walk properly ?

It is nothing to be worried about. It is common because you have not been walking properly since the last 45 days. In the initial few days you can feel some problems but in 10 to 15 days your muscles will start to contract in the right manner and you will feel better.



94. Which is the best company for bio screws?

There are a lot of companies which make bio screws but I recommend three top companies for screws. These are Smith and nephew, Arthrex and Mitec. You can easily use any of these company screws for your knee. These are the best companies for bio screws.



95. My doctor used a titanium implant in my ACL reconstructions?

Titanium screws are good for ACL reconstruction. Specially in revision ACL reconstruction and when Bone tendon bone graft is used , In such cases Titanium screws can be used. There are chances of graft cutting in Titanium screw So I do not use it now. But if your budget is limited then you can use Titanium screws.

96. Dr used Titanium screws in my knee joint ? When can I remove it?

You do not usually need to remove these screws unless they are causing any big problems like pain, swelling or infection. If any of such problems is not there then there is no need to remove this. If you want to remove it then you can remove it after 12 months. You can remove both screws and endobutton after one year.

97. Is there any difference if a child has ACL reconstruction ?

Yes. Child has growing bones so doing ACL reconstruction is not simple in them. It also depends on the age of the child. If the child is between 9 to 14 years of age your dr will need to do physal sparing surgery. If the kid is above 14 to 16 than x rays of the knee should be done. If growth of a child is complete then he can be treated as a normal adult. If growth is sill there then again physal sparing ACL should be done.



98. I have PCL bony avulsion ?

PCL bony avulsion is a condition in which PCL gets detached with a piece of bone. It can be treated by putting a screw on the back side of the knee. It is an open surgery and you will need 6 weeks plaster after this. If you have an ACL tear along with PCL avulsion then both can be treated in the same stage. We have experience of treating many such cases with very good results.



99. I have an osteochondral defect in my knee joint in my report ?

Osteochondral defect means there is damage to joint cartilage. This can happen during ACL injury. Sometimes when a patient does not get right treatment and keeps on playing then cartilage damage can occur. Your doctor can treat such cartilage damage easily at the time of arthroscopic ACL surgery. Treatment of cartilage damage depends on the size of cartilage damage. If your damage is less than 10 mm it can be treated with multiple drill hole methods. If it is bigger than 10 mm than it will need mosaic plasty. In mosaic plasty we take cartilage graft and apply it in the defect. In most advanced treatments you can go for autologous chondrocyte implantation. It is a two stage procedure . In the first stage we take a cartilage sample and send it to the lab. And in the second stage when we receive cartilage material in gel form, we apply it over the cartilage defect.