



Dr Matthew Hutchinson

HIP, KNEE & ANKLE SURGEON

ADULT & GROWING ATHLETE SPECIALIST



I'VE JUST INJURED MY ACL - WHAT NOW?

For comprehensive education videos on ACL injury & treatment visit:

matthewhutchinson.com.au





About Dr Matthew Hutchinson

Dr Matthew Hutchinson is an orthopaedic surgeon who treats both Adults and Growing Athletes with **hip**, **knee** and **ankle** conditions.

Dr Hutchinson is a consultant orthopaedic surgeon to a number of professional sporting teams within the **AFL, AFLW, SANFL, NBL and Superleague Netball**. He provides the same very high standard of care to 'weekend warriors' and emerging junior athletes as he does to those currently competing at the highest level.

Dr Hutchinson has a special interest in **ACL reconstruction** and **sports knee injuries**.





Rapid appointments for ACL injuries



08 8130 1225

Because Dr Hutchinson treats a high volume of ACL injuries specific appointments are reserved every week, only for patients with ACL injuries. If you wish to be seen promptly, this can usually be accommodated within a few days. If you have not had appropriate scans, Dr Hutchinson can arrange these before your appointment.

1. Speak to your General Practitioner or pharmacist for advice on pain management, but in general take regular anti-inflammatory medication along with Panadol for 3-5 days. It is safe for most patients to take both these medications together.
2. Apply a compression bandage or stocking to your knee and elevate it as much as possible. These are available from your physiotherapist or chemist. You **DO NOT** need to buy a rigid knee brace.
3. Ice your knee as often as possible. Usually 20-30 minutes of ice, followed by 30-60 minutes without ice, repeated throughout the day.
4. Unless you have been specifically instructed by an experienced sports doctor or orthopaedic surgeon, **DO NOT** keep your knee in a rigid brace. These usually do more harm than good and lead to weakness and stiffness.
5. Bend and straighten your knee as much as possible - you're not going to do any further damage by doing this. You won't like the feeling of trying to get your knee fully straight, but gently try to achieve this.
6. Walk on your knee if pain, swelling and strength allows. Use crutches to help you gradually put more and more weight through your knee. The more weight you can put through your knee the better.
7. Make an appointment with an experienced sports physiotherapist - the sooner you start rehabilitation (or prehabilitation if you end up having surgery) the better your recovery will be. There is a list of recommended physiotherapists, in various locations, on my website.
8. Talk to your General Practitioner and physiotherapist about recommending an orthopaedic surgeon. Even if you don't end up needing surgery, it is very important that you see a surgeon to have them examine your knee, review your MRI images and talk to you about your options. Try to find an orthopaedic surgeon who regularly performs a high-volume of ACL reconstruction surgery.
9. It is usually recommended to let your knee swelling settle and range of motion improve for 1-2 weeks prior to ACL surgery. So, don't worry if it takes some time to see your specialist. You're not doing any harm waiting, and it gives you time to think about your options. Spend some time selecting the most appropriate surgeon. You are not obligated to see any particular surgeon, no matter where your injury was first assessed. It's your knee, and you are in full control of your treatment

