

# BLOOD FLOW RESTRICTION & ACL RECONSTRUCTION SURGERY

Make informed decisions about **your** care!

## What is Blood Flow Restriction?

uses a tourniquet to decrease blood flow to muscles during exercise

restores the anterior cruciate ligament (ACL) in the knee after it is torn or injured

## What is ACL Reconstruction Surgery?



Your physical therapist may suggest using blood flow restriction before or after your ACL surgery!

### Before you agree, consider:



Blood flow restriction does not appear to result in better recovery from ACL reconstruction surgery when compared to usual rehabilitation!



Blood flow restriction is new, and more research is needed to figure out the best and safest way to use it in rehabilitation.



Blood flow restriction may not be covered by your insurance, and you may have to pay out-of-pocket!

**Use this information to make an informed decision about your care that is best for you!**