



Postoperative ACL Rehabilitation Sleeve

Dr. Cole's and his team has prescribed the "T:25 Knee" for your post-operative rehabilitation and transition back to sports and activities following your ACL Reconstruction.

Background: The "T:25 Knee" is a performance wearable product that is designed to activate & train the medial quadriceps and hamstrings muscles (muscles on the inside of your thigh, front and back). Science suggests that training these muscles will allow for better functional movement to protect and stabilize the knee to potentially reduce the risk of re-injury when you return to full activity.

Instructions for use:

- The pair of T:25 Knee sleeves should be applied 8 weeks post-operatively or when swelling is gone, whichever comes first.
- Wear the sleeves for 90 minutes per day for the first 10 days while exercising or doing light activity
- Wear the sleeves for 90 minutes every other day for the next 6 weeks while exercising or doing light activity
- After the initial phase of training is completed...continue to wear as desired



Questions: If you have any questions pertaining to the use of the T:25 Knee sleeve, please contact colepa@rushortho.com.