

ACL REHAB

ACL = ANTERIOR
CRUCIATE LIGAMENT

YOUR ACL PLAN IN A GLANCE

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PRE OP

PREPARE YOUR KNEE FOR SURGERY BY STRENGTHENING THE MUSCLES

DAY 1 AFTER SURGERY

START WALKING IMMEDIATELY BEGIN YOUR PT EXERCISES

Week 1

START REHAB NO LATER THAN 1 WEEK AFTER SURGERY



5-6 MONTHS

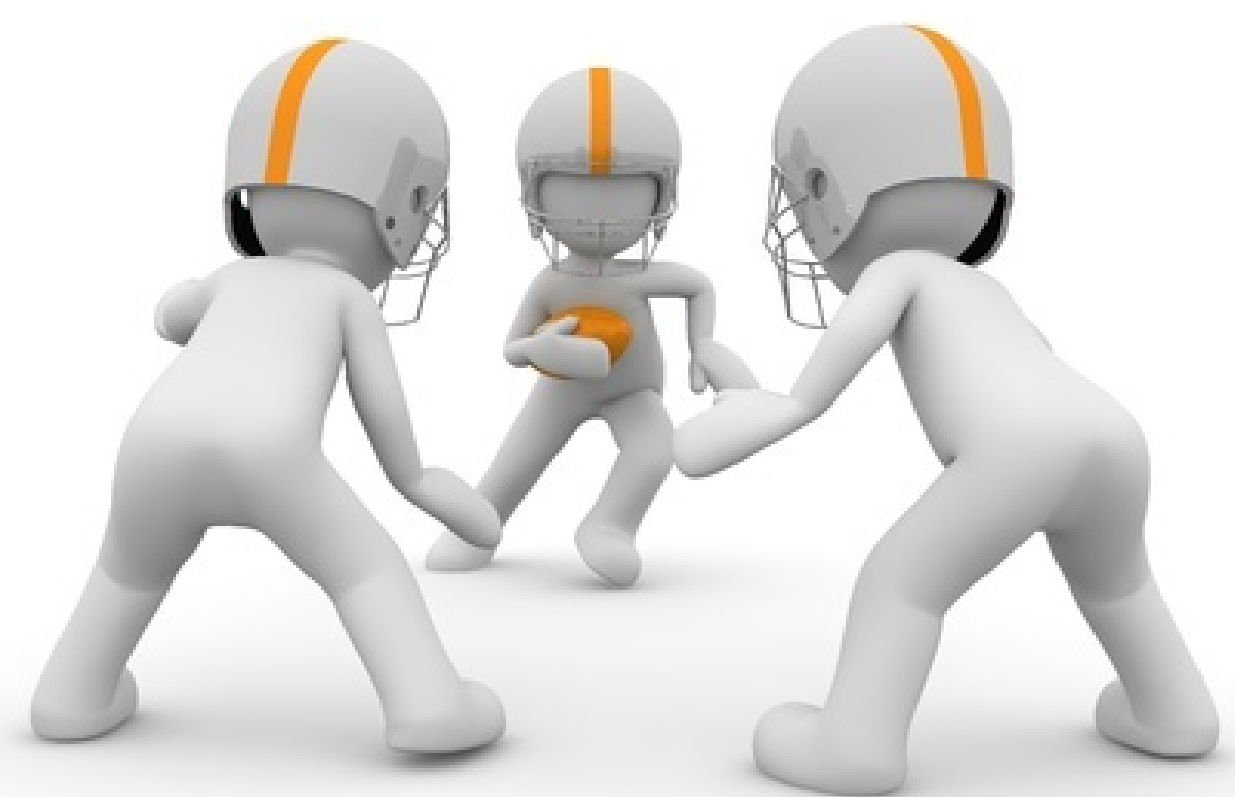
INTRO INTO DYNAMIC DRILLS: JOG/RUN, JUMP, AGILITY

6 WEEKS & ONWARDS

STRENGTHEN, STRENGTHEN, STRENGTHEN! PREPARE TO BE HERE FOR MANY MONTHS!

4-6 WEEKS

GOAL IS TO WALK NORMALLY WITH NO AIDS



6-8 MONTHS

SPRINT, POWER, AND MOVEMENT TRAINING (E.G. PLANT N CUT)

9-12 MONTHS

RETURN TO TRAINING: SPORT SPECIFIC TRAINING

> 12 MONTHS

RETURN TO SPORT OR ACTIVITY

RETURN TO PERFORMANCE: EXPECT TIME TO GET BACK TO PRE-INJURY STATE