ACL REHAB

ACL = Anterior Cruciate Ligament

Your ACL plan in a glance

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! 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

by @LKTphysio