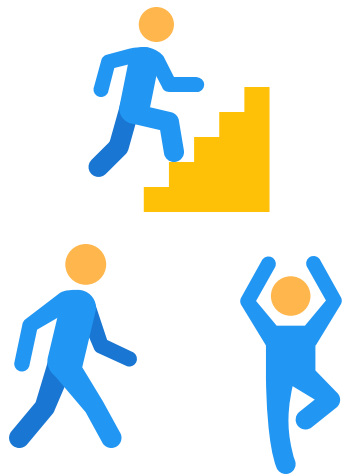


ACLR

REHABILITATION PROTOCOL

Rehabilitation is Key

- A rehabilitation program will give you the best results for success, whether or not you have surgery
- Follow the ACLR Rehabilitation Protocol to maximize recovery and reduce risk of re-injury
- Athletes that are returning to high risk sports require sport specific training from 9-12 months



Phase 1: Early Mobility & Muscle Activation

(est. range 0 - 6 weeks)

- Restore full knee range of motion
- Thigh muscle contraction
- Wean from crutches when walking without a limp
- Balance training

Phase 2: Endurance, Strength & Balance

(est. range 6 weeks - 4 months)

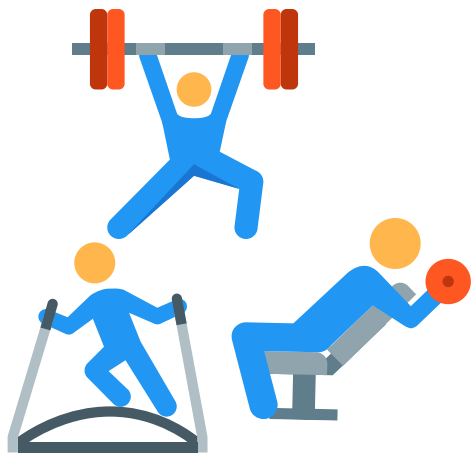
- Endurance and strength program 2-3x/week (gym or home)
- High repetition exercises
- Progressive balance training
- Cardiovascular fitness



Phase 3: Power & Advanced Strengthening

(est. range 4 - 7 months)

- Progressive sport specific strengthening 2-3x/week (gym or home)
- Agility and patterning exercises
- Progression of cardiovascular fitness and endurance
- Gradual return to running



Phase 4: Speed, Agility & Return to Training

(est. range 7 - 9 months)

- Sport specific skills training
- Power, speed and plyometric training
- Return to individual training drills/practice
- Return to practice drills



Phase 5: Return to Sport

(est. range 9 - 12+months)

- Complete testing battery for return to sport
- Mental readiness test - ACL-RSI
- Review individual risk of re-injury profile
- Return to sport/performance

